PRECOR® USA

Commercial EFX® Owner's Manual

EFX®556

COMMERCIAL PRODUCTS DIVISION

IMPORTANT SAFETY INSTRUCTIONS

When using the EFX, basic precautions should always be followed, including the following:

- **To ensure your safety and to protect the unit, read all the instructions before assembling and using the EFX556.**
- **To ensure the proper use and safety of the EFX556, make sure that all users read this manual. Please make this manual a part of your club's training program. Remind the club users that before beginning any fitness program, he or she should obtain a complete physical examination from his or her physician.**

Il est conseillé de subir un examen médical complet avant d'entre-prendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

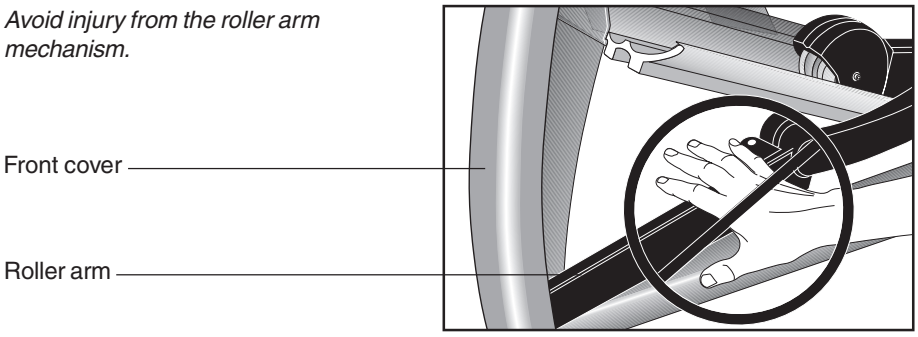
DANGER — **To reduce the risk of electrical shock, always unplug the optional battery recharger from its power source before cleaning or performing any maintenance tasks.**

WARNING — **To reduce the risk of burns, fire, electric shock, or injury to persons, take the following precautions:**

- **The EFX556 should never be left unattended with the battery recharger plugged in. Unplug the unit from the outlet when it is not in use, before cleaning it, and before putting on or taking off parts.**
- **Do not allow children or those unfamiliar with its operation on or near the EFX. Do not leave children unsupervised around the EFX.**
- **Use the EFX556 only for its intended use as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries.**
- **Assemble and operate the EFX on a solid level surface. Locate the EFX a few feet from walls or furniture. Check the unit before each use and verify that all fasteners are secure. Maintain the EFX in good working condition. (See the *Maintenance* section).**
- **Wear proper exercise clothing and shoes during a workout—no loose clothing. Tie long hair back.**
- **Never drop or insert any object into any opening. Keep towels and hands away from moving parts.**
- **Use care when getting on or off the EFX. Use the stationary handrail whenever possible. Keep your body and head facing forward. Never attempt to turn around on the EFX.**
- **Never operate the unit if it is damaged, if it is not working properly, if it has been dropped, or dropped in water. Return the unit to a service center for examination and repair.**
- **Keep all electrical components away from liquids to prevent shock. Do not set anything on the casing, handrails, or display console. Place liquids only in the appropriate receptacles.**
- **Keep the optional battery recharger cord away from heated surfaces.**
- **Do not operate where aerosol (spray) products are being used or where oxygen is being administered.**
- **Do not use outdoors.**

SAVE THESE INSTRUCTIONS

Diagram 1 *Avoid injury from the roller arm mechanism.*



- **Never place your hand(s) or feet in the path of the roller arm because injury may occur to you or damage may occur to the equipment. Refer to Diagram 1.**
- **Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injury.**
- **Do not rock the unit. Do not stand on the display console or casing.**
- **Do not attempt to service the EFX yourself other than the assembly and maintenance instructions found in this manual. Refer to *Obtaining Service*.**
- **Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.**

HAZARDOUS MATERIALS AND PROPER DISPOSAL

The EFX556 has an internal battery which must be removed before the EFX is scrapped. The battery contains materials which are considered hazardous to the environment. Proper disposal of the battery is required by federal law.

To remove the battery from the EFX, take the following steps:

CAUTION: Unplug the battery recharger and disconnect it from its receptacle at the rear of the EFX.

Tools required: Phillips head screwdriver and hex wrench set.

1. Remove both the right and left rear covers from the EFX.
2. Remove the top rear cover.
3. Unplug the black and red battery wires from the circuit board.
4. Separate the circuit board from the battery by removing four screws.
5. The battery is held in place with a metal bracket. Lift the battery away from the bracket.
6. Dispose of the battery according to the federal Hazardous Waste Regulations.

SAFETY APPROVAL

When identified with the ETL-c logo, the EFX has been tested and conforms to the requirements of CAN/CSA-E-335-1/2-94, Safety of Household and Similar Electrical Appliances.

SAVE THESE INSTRUCTIONS

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RFI — RADIO FREQUENCY INTERFERENCE

Federal Communications Commission Part 15

The EFX has been tested and found to comply with,

- the IEC EMC Directive (international electromagnetic compatibility certification)
- the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The EFX generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications. Operation of the EFX in a residential area is likely to cause harmful interference. If this occurs, the user will be required to correct the interference at his or her own expense.

CAUTION: Per FCC rules, changes or modifications to the EFX not expressly approved by Precor, could void the user's authority to operate the equipment.

Canadian Department of Communications

This digital apparatus does not exceed the Class A limits for radio noise emissions from digital apparatus set out in the Radio Interference Regulations of the Canadian Department of Communications.

Le présent appareil numérique n'émet pas de bruits radioéélectriques dépassant les limites applicables aux appareils numériques de la Class A prescrites dans le Règlement sur le brouillage radioélectrique édicté par le ministére des Communications du Canada.

EUROPEAN APPLICATIONS

This product conforms to the requirements of the European Council Directive 89/336/EEC, Electromagnetic Compatibility and has been tested to the following standards:

EN55022, Limits & Methods of Measurement of Radio Interference, Information Technology Equipment (Class A).

EN50082-1, Generic Immunity Standard for Residential, Commercial and Light Industrial Products (Class A).

This product additionally conforms to the requirements of the European Council Directive 73/23/EEC, Low Voltage Directive and has been tested to the following standard:

IEC 335-1, Safety of Household and similar Electrical Appliances.

European Applications

This product has been tested to the requirements of EN55022, "Limits & Methods of Measurement of Radio Interference, Information Technology Equipment." Per that standard, the EFX556 is a Class A product. In a domestic environment, this product may cause radio interference, in which case the user is responsible to take adequate measures to alleviate the interference.

EFX® SELF-POWERED FEATURES

The power source for the EFX is the user. When a person works out on the EFX and moves the foot pedals at a stride rate above 40 strides per minute, the power that is generated allows the EFX to function properly.

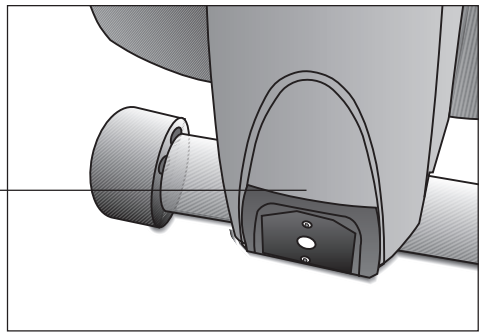
Informational displays appear when the battery is low or when the user has stopped pedaling during a workout. The display provides minimal instructions to let you know what to do to retain power. If the messages are ignored, the EFX will begin shutdown procedures to maintain the charge of the battery. Refer to page 20, *Informational Displays Prior to Shutdown*.

An optional battery recharger can be purchased and provides sustained power to the EFX. If you plan to customize your unit, the optional battery recharger is highly recommended. To purchase the optional battery recharger, check with your dealer.

OBTAINING SERVICE

Do not attempt to service the EFX556 yourself except for the maintenance tasks described in this manual. The EFX556 does not contain any user-serviceable parts. For information about product operation or service, contact an authorized Precor Commercial Products Customer Support Representative at 1-888-665-4404 or, check out the website (www.precor.com).

Diagram 2 *EFX556 serial number location.*



To help Customer Support personnel expedite your call, have your serial number available. The serial number can be found on a label near the power receptacle on the rear cover. Refer to Diagram 2. If you have any questions regarding the EFX556, use the model and serial numbers whenever you call your Precor dealer or servicer.

Model number: **EFX®556**

Unit number: _____ Serial number: _____

Unit number: _____ Serial number: _____

Unit number: _____ Serial number: _____

ABOUT THIS MANUAL

Inside this manual, you will find instructions for installing and using the EFX556. To maximize the use of the EFX, please study this manual thoroughly. The manual uses the following conventions for identifying special information:

Note: Contains additional information that applies to the preceding text.

Important: *Indicates information to which you should pay special attention.*

CAUTION: Indicates steps or information necessary to prevent harm to yourself or damage to the equipment.

WARNING — Provides instructions to prevent electrical damage to the equipment and prevent injuries to yourself.

DANGER — Indicates steps you must take to prevent electrical shock.

Thank you for purchasing the self-powered Precor EFX®556. Built to the exacting standards of the health club environment, the EFX556 is intended for commercial use and can withstand the rigors of daily club use with little maintenance.

Unpacking the EFX®

Important: Before using the Precor EFX, we urge you to familiarize yourself and your staff with the entire Owner's Manual. Understanding this manual will help you and your customers use the EFX556 safely and successfully.

The EFX is carefully inspected before shipment so it should arrive in good operating condition. Precor ships the unit in the following pieces:

- ❑ base frame assembly
- ❑ upper column support with display console
- ❑ handlebars (left and right)
- ❑ upper column support clamp covers (2 pieces with rubber grommet)
- ❑ hardware kit and Owner's Manual

CAUTION: This unit weighs over 200 pounds (90 kilograms). To prevent injury to yourself or damage to the equipment, obtain appropriate assistance before removing the unit from the pallet.

If any items are missing, contact your Precor Commercial Products Service Representative. Refer to *Obtaining Service* on page 7.

STANDARD EQUIPMENT

The EFX556 incorporates the Precor SmartRate® and Heart Rate features into its display console. Devices, such as FitLinxx™, that are CSAFE™ compatible, can also be attached.

The Precor "touch" heart rate is standard and provides electrode strips, called "grips," on the center handrails. When a user places his or her hands over the grips and grasps the handrails, a heart rate is transmitted to the receiver.

Note: If a user does not wish to use the touch-sensitive hand grips, an optional POLAR® chest strap can be purchased and worn. The chest strap transmits the user's heart rate to the display console's receiver.

OPTIONAL EQUIPMENT

Optional equipment available through your dealer includes:

- POLAR® Heart Rate Option — chest strap.
- the CSAFE option (Stores personal workout statistics in a computer file. Operation requires cable connection to a separate computer.)
- Battery recharger

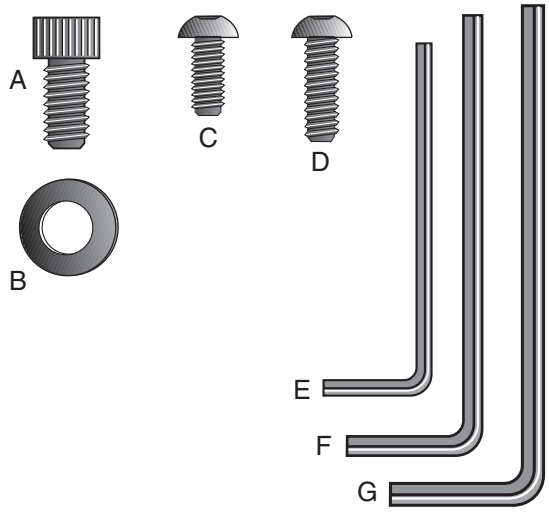
If you are interested in obtaining Precor option kits for your unit, check with your dealer. To locate the dealer nearest you, call 1-800-786-8404. For Customer Support, see *Obtaining Service* on page 7.

HARDWARE KIT

Carefully unpack the parts from the shipping container. Open the Hardware kit and make sure that you have the following items as shown in Diagram 3:

- ❑ (A) four socket hex screws—upper column assembly
- ❑ (B) four washers—upper column assembly
- ❑ (C) four buttonhead hex screws—covers for upright assembly
- ❑ (D) eight buttonhead hex screws—handlebars
- ❑ (E) 5/32-inch hex key—screws on bracket covers
- ❑ (F) 7/32-inch hex key—screws on the handlebars (**Note**: A hex torque wrench is also required, although it isn't supplied.)
- ❑ (G) 1/4-inch hex key— upper column assembly (**Note**: A hex torque wrench is also required, although it isn't supplied.)
- ❑ (H) Split rubber grommet and two bracket covers (not shown in Diagram 3)

Diagram 3 *EFX556 Hardware kit*



If any items are missing, contact your dealer. Refer to *Obtaining Service* on page 7.

Note: After assembling the EFX, be sure to store the hex keys in a secure place. The tools are used for maintenance procedures that are described in this manual.

ACQUIRE THE APPROPRIATE TOOLS

Obtain the following tools *before* assembling the EFX.

- ❑ Wire cutter
- ❑ SAE Standard socket set with a ratchet or 8-inch adjustable wrench
- ❑ Hex torque wrench

Setting Up the EFX®

You do not need any special knowledge or experience to set up the EFX. However, because of the size and weight of the EFX, you will need to obtain appropriate assistance during assembly.

INSTALLATION REQUIREMENTS

Follow these installation requirements when installing the EFX. *If you do not install the EFX according to the following guidelines, you could void the Precor Limited Warranty.*

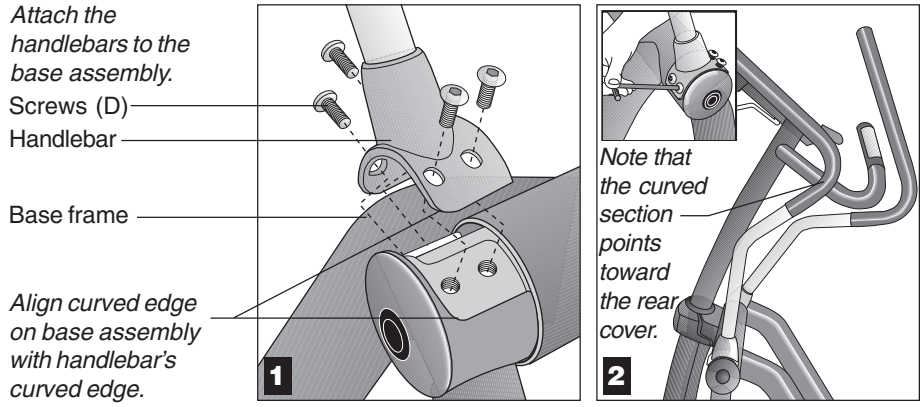
- **Set up the EFX on a solid, flat surface**. Unpack and assemble the EFX close to where you'll use it. Make sure that the flat surface under the unit is smooth and level. A level unit is required for the user's safety and for proper operation.
- **Provide ample space around the unit**. Open space around the unit makes for a safer mount and dismount.
- **Fill out and mail the limited warranty card**. To locate the serial number, place yourself at the rear of the unit facing the display console, kneel down and look at rear label near the power receptacle. (Refer to Diagram 2 on page 7.) Write the serial number onto the Precor Limited Warranty card found on the back cover of this manual. Return to page 7 and write the number there as well.

ASSEMBLY INSTRUCTIONS

To assist you in the assembly, the items in the Hardware kit, shown in Diagram 3, correspond to a particular letter in the alphabet. These letters appear throughout the assembly instructions. Refer to Diagram 3 on page 10.

1. **Unpack the EFX556.** Remove the packing materials and loose contents (upper console assembly with electronic console, hardware kit, bracket covers, and handrails) from inside the cardboard pockets and from around the base frame assembly.
2. **Pull the large cardboard piece away from the base frame assembly**. Ask for assistance to move the EFX556 off the shipping pallet. You may need to cut the tie wraps that hold the base frame and roller arms to the pallet.
3. **Move the unit to the location where you plan to use it.**

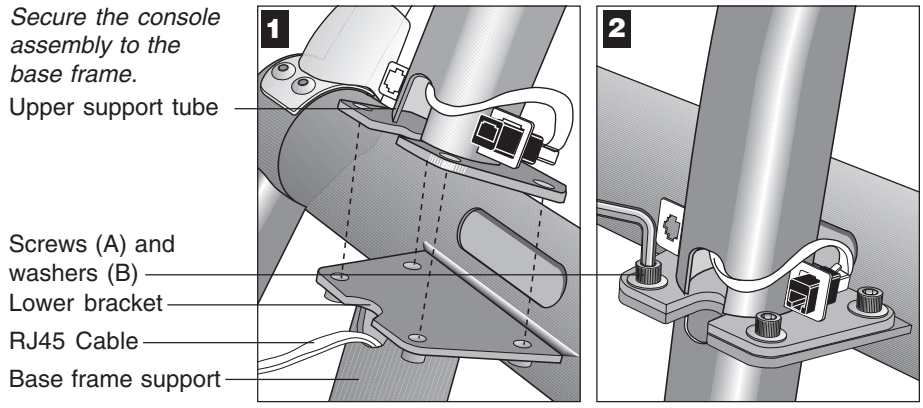
Diagram 4 *Attach the handlebars to the base assembly.*



4. **Attach the handlebars.** Diagram 4. Take the following steps:
   a. Remove the eight buttonhead screws (D) from the Hardware kit.
   b. Pick up a handlebar and place it onto the base. See Diagram 4, #1.
   c. Make sure that the handlebar is positioned as shown in Diagram 4, #2.
   d. Insert four screws (D) and tighten with the hex key provided.
   e. Perform steps b. through d. on the opposite side.

   ***Important**: Once the handlebars are secured, use a hex torque wrench to tighten all eight handlebar screws to 25 ft-lbs (300 in-lbs).*

Diagram 5 *Secure the console assembly to the base frame.*

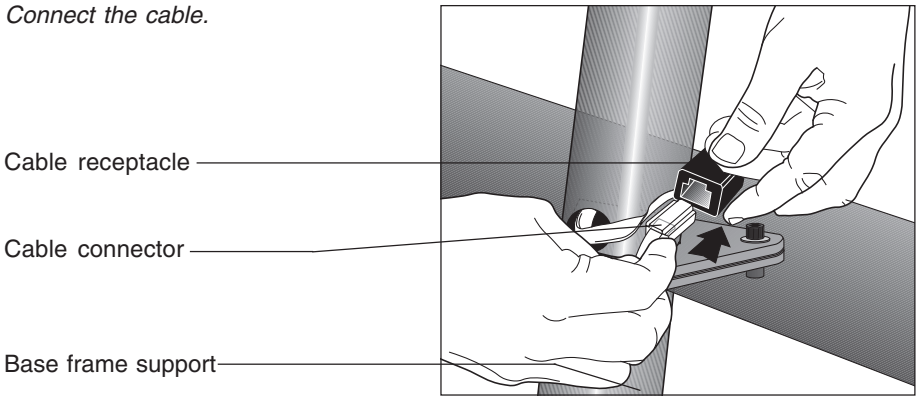


5. **Position the console assembly over the base support.** Diagram 5, #1. Remove any tape that secures the RJ45 cable. Have an assistant hold the upper support tube over the base frame support (display console must face the foot pedals) while you connect the cable and align the bolt holes.

6. **Secure the console assembly to the base frame support.** Diagram 5, #2. Place a washer (B) on each of four screws (A). Align the mounting holes and insert the screws through the upper and lower bracket. Use the hex key provided to alternately tighten each screw until all four screws are secure.

   ***Important:** Once the upper console assembly is secured, use a hex torque wrench to tighten all four screws to 200 in-lbs.*

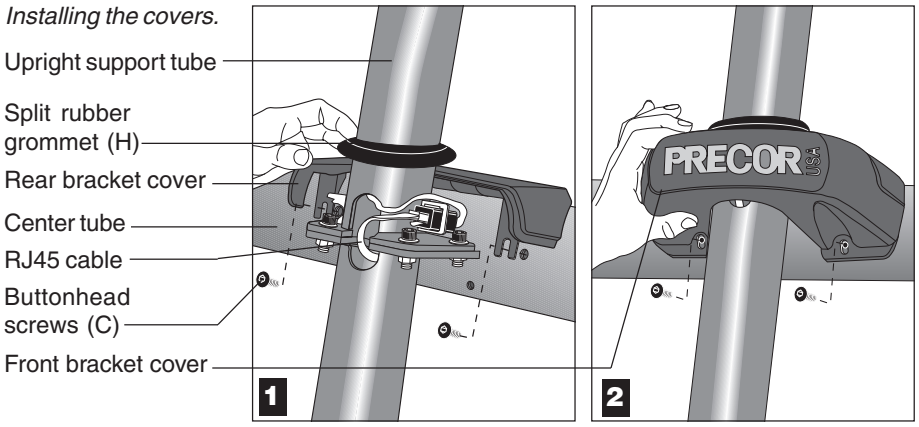
Diagram 6 *Connect the cable.*



CAUTION: Do not stretch, crimp, or damage the cable. Excess cable may be gently pushed into the upper support tube. Cables damaged by improper installation will not be covered by the Precor Limited Warranty.

7. **Connect the cables.** Diagram 6. Insert the cable into its receptacle. Just like a telephone connection, a definite "click" is heard when a good connection is made. If you do not hear a "click," try reinserting the cable again. Place the excess cable inside the upright support tube.

Diagram 7 *Installing the covers.*



8. **Install the bracket covers.** Diagram 7. Remove the 2 bracket covers, the split rubber grommet (H) and four buttonhead screws (C) from the Hardware kit. Then, take the following steps:

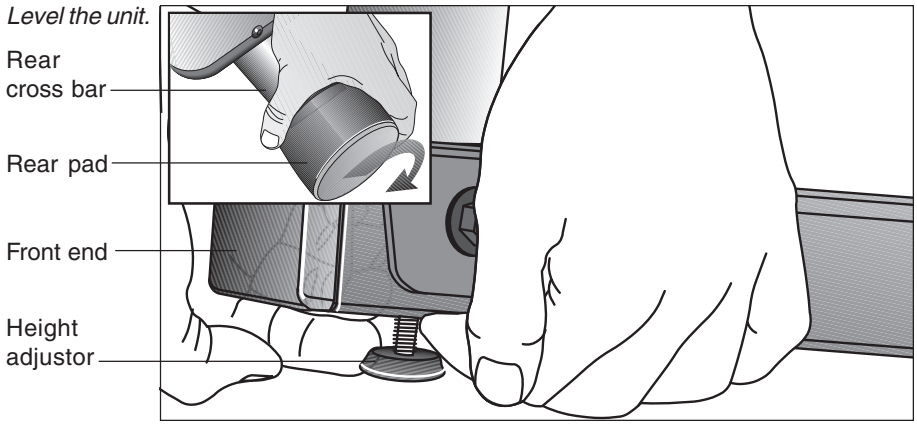
   a. Use two buttonhead screws (C) to attach the rear bracket cover to the center tube. See Diagram 7, #1. Tighten the screws with the hex key provided.

   b. Position the split rubber grommet (H) around the upright support tube. Slide the grommet against the rear bracket cover to help secure it in place.

   c. Use the remaining two buttonhead screws (C) to install the front bracket cover. Align the mounting holes and tighten the screws. See Diagram 7, #2.

   CAUTION: Do not overtighten the screws or you may inadvertently crack the plastic covers. Damaged covers due to improper installation will not be covered by the Precor Limited Warranty.

Diagram 8 *Level the unit.*



Note: You have completed the assembly of the EFX556. To level the unit, continue with the steps below.

CAUTION: A fully-assembled EFX556 weights over 200 lbs (90 kilograms). To avoid possible injury, obtain appropriate assistance when moving the EFX556.

9. **Final location.** If the EFX is not located where it will be used, a hand cart may be useful to help move the unit.

10. **Level the unit.** Diagram 8. To help keep the unit stable, the EFX has adjustable rear pads and, at the front of the base assembly, a height adjustor. Check to make sure that the unit does not wobble from side to side or front to back.

    Important: If the unit is placed on a slightly, uneven surface, adjusting the rear pads can help, but will not compensate for extremely uneven surfaces.

    a. Rotate the rear pads so that the narrow portion of the pad is touching the floor. This places the rear crossbar closest to the floor.

       Note: The inside of the rear pads have been hollowed out asymmetrically so that, as you turn the pad, the rear crossbar raises or lowers accordingly.

    b. To counteract any rocking (front to back) motion, ask your assistant to grasp the upright support so that he or she can raise the front of the unit off the floor. See Diagram 8.

       • Turn the height adjustor clockwise to raise the height of the front end.

       • Turn the height adjustor counterclockwise to lower the height.

    c. To remove any side to side movement or wobble, rotate the rear pads. Refer to the inset in Diagram 8.

SUPPLYING POWER TO THE EFX556

The EFX does not require an electrical power connection. It has an internal battery that is recharged every time a user works out for a reasonable period of time. A pedaling speed above 40 strides per minute must be maintained for several seconds before the Precor banner appears on the display. Once the banner appears, the user can press **Quick Start** or **Enter** to begin working out. Refer to page 26, *Exercising on the EFX*, for more information.

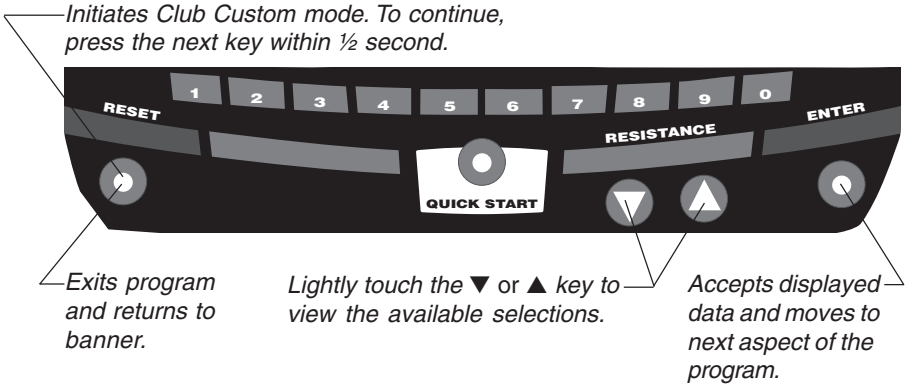
Club Information

These next few pages provide information that lets you customize the EFX® for your Club. It is not information that your customer needs to see. This section covers the following information about how to:

- determine which language appears on the display
- set maximum workout and pause times
- display the odometer and other useful information
- connect to CSAFE compatible devices

Note: If your customers are interested in the learning more about the EFX, you may wish to direct them to the user manual available on Precor's web site (www.precor.com). (The manual that appears on the web site does not contain the information found in this section.)

Diagram 9 *Display console keys used for Club Custom mode.*



***Note**: The CHANGE keys are not shown in this diagram. Refer to Diagram 10 for their location.*

CHANGING THE CLUB SETTINGS

The Club "custom" settings are accessed through specific codes that help eliminate unauthorized access. Refer to Diagram 9 to locate the keys. Information that you can access and features that can be customized are as follows:

- **Language** — Determine which language is used to display the user prompts.
- **Units of Measure** — Select between U.S. Standard and Metric displays.
- **Maximum Workout Time** — Set a maximum limit on workout time.

  Note: Remember, an additional five-minute cool-down period is appended to a completed course, so adjust the maximum time limit accordingly.
- **Maximum Pause Time** — Set the maximum duration for which a person can "pause" his or her workout.
- **Odometer, Hours of Use, Software Version,** and **Error Log** —The EFX stores the cumulative strides, the number of hours that the unit has been in use, the software version and software type (which is valuable when calling Customer Support), and an error log (useful when troubleshooting).

To access the Club settings, the following must occur:

- ❑ **Electrical power must be supplied.**
  The foot pedal speed must be maintained at 40 strides per minute. Or, the optional battery recharger must be plugged into the EFX and connected to an appropriate power source.

  Note: The optional battery recharger connection is highly recommended, if you plan to customize the EFX.
- ❑ **Check that the Precor banner appears on the display and, if necessary, maintain the minimum stride rate**.
- ❑ **Press the appropriate key sequences within the allocated time**.

To change the language, select the units of measure and set the maximum workout and pause times press the following:

Reset, ▼, ▲, ▼, Reset, ▼, ▲, ▼

Important: To access Club Custom mode, press **Reset** while the Precor banner is displayed. Within ½ second, begin pressing the key sequences. If the system does not detect a key press (within ½ second after **Reset**), it returns to the banner. Once you begin entering a key sequence, each key must be pressed within four seconds of the other or the Precor banner reappears and you have to begin again.

The functions of the display console keys while in Club Custom mode are described in the box below.

Display key functions within the Club Custom Mode			
▼▲	lets you scroll through the various selections that appear.	**Reset**	exits Club Custom mode and displays the Precor banner.
Enter	saves the information being displayed and moves to the next aspect of the program.		

Note: The **Reset** key followed by the number keys, 5, 6, 5, 1, 5, 6, 5 may be pressed instead of using the ▼▲ keys. But, in either case, **Reset** must be pressed initially, for example: **Reset**, 5, 6, 5, 1, 5, 6, 5.

SELECTING THE LANGUAGE

You can select a language for the prompts that appear on the display by using the ▼▲ keys to make your choice and pressing **Enter** to select it. The EFX supports several languages such as, English, German, Spanish, French, Dutch, and Portuguese.

DETERMINING THE UNITS OF MEASURE

Two different units of measure can be selected, *Metric* or *U.S. Standard*. Make your selection using the ▼▲ keys. Press **Enter** once the correct unit is displayed.

Note: Anytime you wish to exit the Club Custom mode, press the **Reset** key. Any previous display attributes that you selected by pressing **Enter** are saved and recorded in memory.

SETTING A WORKOUT TIME LIMIT

You can limit how long a user works out by setting a duration between 1 and 240 minutes. The EFX also lets you choose "no limit" which allows the user to select a course and work out indefinitely. (Note that the user must enter a workout time of 0 using the *numeric* keys at the **Enter Time** prompt before working out "indefinitely.")

***Important**: If the club setting is "no limit" and the user enters "0" at the **Enter Time** prompt, then the **Time Remaining** display does not appear when a user works out. (An exception to this rule is the Weight Loss Course.)*

Note: The **QuickStart** program is set at the Club limit (see page 25).

Use the ▼▲ keys to select a workout time limit. For example, if you set the workout time limit to 20 minutes, the EFX allows users to specify a workout between 1 and 20 minutes. Users would not be able to specify a time longer than 20 minutes.

Note: The touch-sensitive keys can be gently pressed and held to view several selections. The longer the key is held down, the faster the numbers scroll past.

***Important**: Take into account that the user will get an additional five-minute cool-down period appended to his or her workout, so adjust the time limit accordingly.*

SETTING A PAUSE TIME LIMIT

Setting a **Pause** time limit is useful because the EFX exits the course and returns to the Precor banner at a predetermined interval after the user stops pedaling.

Use the ▼▲ keys to set a **Pause** time limit between 1 and 120 seconds (two minutes).

VIEWING THE ODOMETER, HOURS OF USE, SOFTWARE VERSION AND ERROR LOG

The display console keys that you need to press to view the odometer, the number of hours the EFX has been in use, the software version and any error codes, are as follows:

Reset, ▲, ▼

Note: The number keys, 6 and 5, may be pressed instead of using the ▲ and ▼ keys, for example: **Reset**, 6, 5. Remember to begin at the Precor banner. After pressing **Reset**, the next key in the sequence must be pressed within ½ second.

The field name **Odometer** appears briefly and then the odometer value (the cumulative strides that users have travelled) appears.

Press **Enter** and the number of hours (**Hour Meter**) that the unit has been in use appears. The EFX notes the passing of each 10th of an hour, but the numeric value that appears is truncated to the nearest full hour.

Press **Enter** again and the unit's three digit **Software Version** (upper and lower) appears on the display.

Press **Enter** once again and the **Error Log** appears. Press the ▼ or ▲ key to view the error messages. To return to the Precor banner, press **Enter** or **Reset**.

Note: To **clear** (delete) the error log, press and hold **QuickStart** for at least four seconds while viewing the list. Prompts appear on the display and let you know when the error messages have been deleted ("cleared") from memory.

Important: You cannot retrieve the error log once you have deleted it.

USING CSAFE STANDARD EQUIPMENT

The EFX556 is fully compatible with CSAFE protocols. If the unit is connected to a CSAFE master device, the user will be prompted to enter a user ID. Five zeros appear on the display. The left zero blinks to indicate that it is awaiting input. The following table provides information about the keypad functions:

User ID Entry: Program Keys	
▼ or ▲	moves the blinking LED from field to field.
Number keypad	use the number keys to enter a user ID. The number that is pressed appears in the display and the next field begins to blink. When all 5 user ID numbers are selected, the user must press **Enter** to submit it.
Enter	submits the displayed user ID. Note that if the 5 zeros are being displayed when the user presses **Enter**, the user ID entry is bypassed and the **Course** prompt appears.
Reset	resets the display to the Precor banner.

A message indicates when the user ID is accepted by the CSAFE master device. Then, the **Course** prompt is displayed. See *Quick Steps to Working Out* on page 28.

The EFX®556 Display

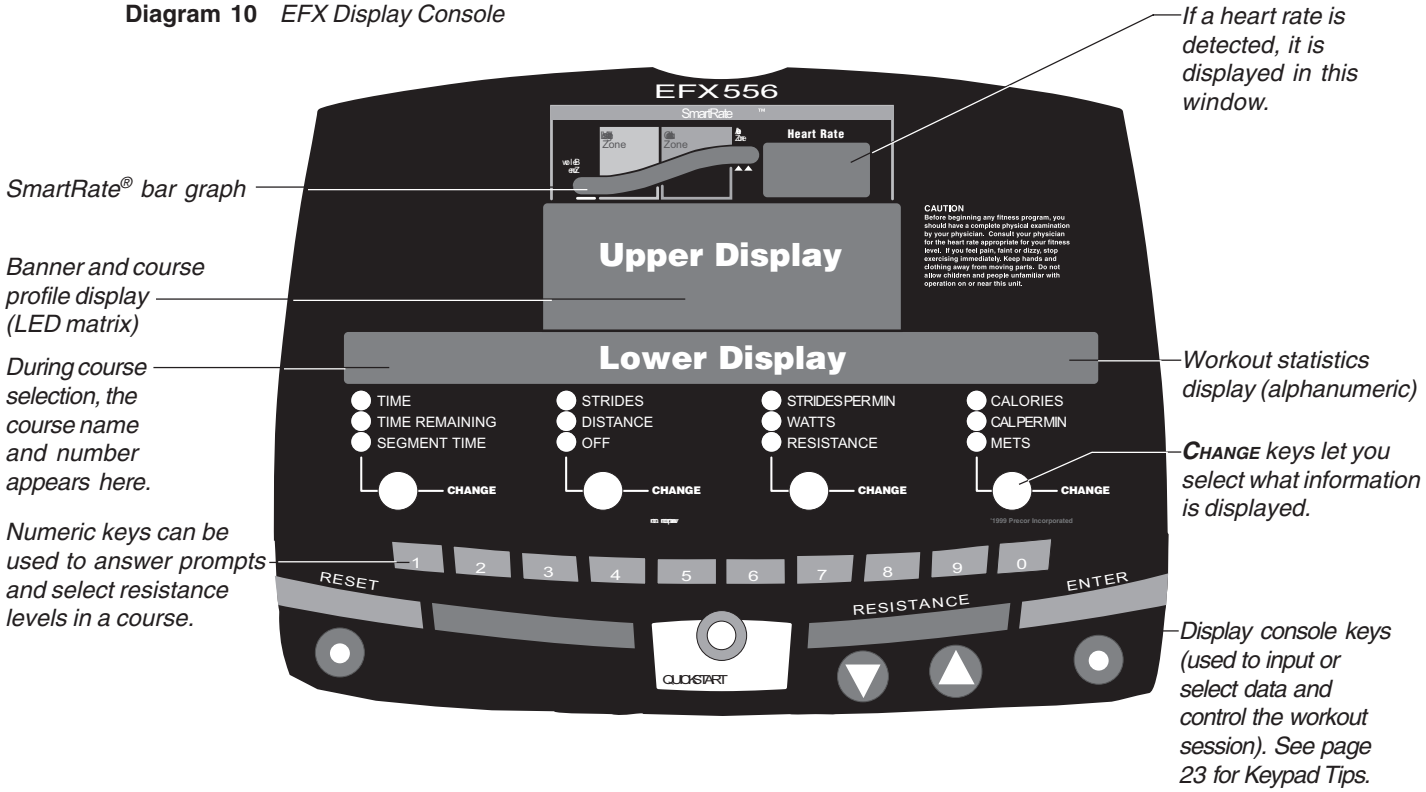
The EFX is designed so users can work out with minimal instruction or training. The directions on the console and the prompts on the display will guide a user through the entire workout session. Before the EFX is used, however, we recommend that you familiarize yourself with it so you can instruct your customers to use it safely and effectively. This section covers the following information:

- an overview of the features provided on the display console
- an explanation about the available courses
- instructions for utilizing the heart rate options

FEATURES ON THE DISPLAY CONSOLE

Indicator lights show you which feature is being displayed. When you are working out, the display presents **Time**, **Strides**, **Strides per Minute**, and **Calories**. You can change what features appear on the display by pressing the **Change** keys.

Diagram 10 *EFX Display Console*



As you exercise, the display console provides motivation by presenting constant feedback about your progress. An brief explanation of each feature on the display console appears in Diagram 10. Look on the next page for a more thorough explanation.

Note: If an error message should appear, call a Precor qualified service technician or service center. Refer to *Obtaining Service*, on page 7.

SMARTRATE® DISPLAY

Before the blinking segment in the bar graph can show the zone (Weight Loss or Cardiovascular) that your heart rate is in, you must enter your "**Age**" (during the course Setup prompts) and either, wear a POLAR® chest strap, or hold onto the touch-sensitive handrail grips while using the course.

Weight Loss Zone: Maintaining your heart rate between 55% and 70% of your maximum aerobic heart rate, helps burn enough calories that, when continued on a regular basis for 30 minutes or more, provides the greatest fat-burning results.

Cardiovascular Zone: Maintaining your heart rate between 70% and 80% of your maximum aerobic heart rate, helps you (when continued on a regular basis for 30 minutes or more) improve your overall cardiovascular/cardiorespiratory fitness level.

Important: *During a course, your heart rate must be above 40 beats per minute before the SmartRate segment begins to blink. Your EFX has the heart rate touch-sensitive electrodes on the handrail so you don't need to wear a POLAR® chest strap. However, you will need to hold onto the touch-sensitive grips. Note that pressing* ***QuickStart*** *disables the SmartRate display feature.*

HEART RATE DISPLAY

The heart rate display lets you monitor your heart rate. When a heart beat is detected, the number appears in the small upper right display (refer to Diagram 10) and the SmartRate indicator blinks in time with your pulse. If you do not hold onto the touch-sensitive handrail grips or are not wearing a POLAR® chest strap, your heart rate will not be detected and no pulse rate appears. Refer to *The Heart Rate Feature* on page 30.

UPPER DISPLAY

The Precor banner and course profiles appear in the large center display (LED matrix). Always start a workout at the Precor banner. During workouts, the course profile appears in the center display and corresponds to the program you selected. As you proceed through your workout, your position is indicated by a blinking cell.

INFORMATIONAL DISPLAYS PRIOR TO SHUTDOWN

The EFX saves its battery charge by moving into a shutdown mode. Whenever PEDAL FASTER appears on the display, the heart rate, SmartRate® and course indicators turn off. If the user does not maintain a stride rate of 40 strides per minute, then a thirty second shut down process begins.

When twenty-eight seconds remain, the upper display appears blank and all key presses are ignored except **Reset**. The touch-sensitive heart rate features are also ignored. If no pedaling occurs in the next eight seconds, a row of dots (that correspond to the number of seconds remaining before the EFX shuts off) appears in the upper display.

If the EFX is connected to a CSAFE master device, a slightly different scenario occurs. When the number of seconds remaining before the EFX shuts off equals ten seconds (instead of eight), the workout session ends. RESETTING appears in the lower display while the EFX disconnects from the CSAFE master device. All key presses are ignored. Pedaling has no effect on the display.

If the battery voltage is low or needs recharging, the words WARNING - LOW BATTERY appear after the PRECOR banner. The EFX continues to function even with a low battery, but user and course information is lost once the user stops pedaling. Note that the Pause feature does not work.

When the battery voltage is low, changes to the ramp's incline are ignored. When a user attempts to change the ramp incline, NO RAMP - LOW BATTERY appears on the display. The course profile and calories calculations are not affected by the low battery and continue to show the programmed changes as if the changes to the ramp incline actually occurred.

Note: A sustained workout at the current ramp incline will help recharge the battery. Or, plug in the optional battery recharger. Refer to the *Maintenance* section.

LOWER DISPLAY

Prompts appear in this display prior to your workout. You address each prompt using the numeric or keypad keys. Once you begin a workout, lights appear in the columns below the window indicating which information is being displayed. You can highlight a particular feature by pressing the appropriate **Change** key.

The following describes the information that can appear in the Lower Display.

TIME: During your workout, a time (0:00) display appears when you begin working out. **Time** appears in minutes and seconds. However, should you exceed 60 minutes (during a single workout), the **Time** display converts to hours and minutes. The **Time** display shows how long you've been working out. Even when you enter your cool-down period, the **Time** display provides the cumulative duration of your workout.

STRIDES: Shows the total number of strides completed. The number will always be even since two strides create one complete revolution of the flywheel. A stride is an exaggerated walking movement. On the EFX, if you start in a position with one foot forward and one foot back, a stride is completed when you move the rear foot all the way forward while the forward foot moves to the rear.

STRIDES PER MINUTE: Displays your current pedaling speed.

CALORIES: Provides the cumulative number of calories being burned.

TIME REMAINING: Indicates the amount of time, in minutes and seconds (mm:ss), that remain in the course. When you enter a cool-down period, the **Time Remaining** resets to five minutes, and begins counting down from there.

Note: If a course has no designated time limit (the club has set the **Workout Time Limit** as "**No Limit**") and the user inputs "0" using the numeric keys at the **Enter Time** prompt), then the **Time Remaining** field does not appear. See *Club Information* on page 15.

DISTANCE: The distance that you have travelled appears when you select this feature. Distance appears in 100th mile increments and can also appear in kilometers. (See *Club Information* on page 15.) The number shown in the display is not a conversion of strides, but relates closely to the user's expenditure of energy. The energy level is derived from the user's current MET's value and converted to an equivalent linear distance.

WATTS: Indicates the amount of energy the EFX is currently expending.

CALORIES PER MINUTE: Indicates the approximate number of calories being burned per minute.

SEGMENT TIME: In the Manual or preprogrammed courses, this display indicates the amount of time, in minutes and seconds (mm:ss) that remains in the highlighted column (or segment) of the course profile before the next column begins blinking. If the course being used is Cross Training, Interval, or Weight Loss, then the number appearing in this display indicates the amount of time that remains in the current interval.

RESISTANCE: Displays the amount of resistance being applied to the foot pedals. The **Resistance** ▼ and ▲ keys let you set a resistance between 1 and 20 which affects the amount of resistance applied by the brake. Once a user begins a course, the numeric keys can be used to designate the resistance. Refer to **Numeric Keys** on page 24.

Note: You can check the resistance (when it is not the chosen display) any time during your workout by lightly pressing either **Resistance** ▼ or ▲ key for less than two seconds. Pressing the **Resistance** ▼ or ▲ key for more than two seconds causes the resistance level to change.

METS: Displays the metabolic units associated with your workout.

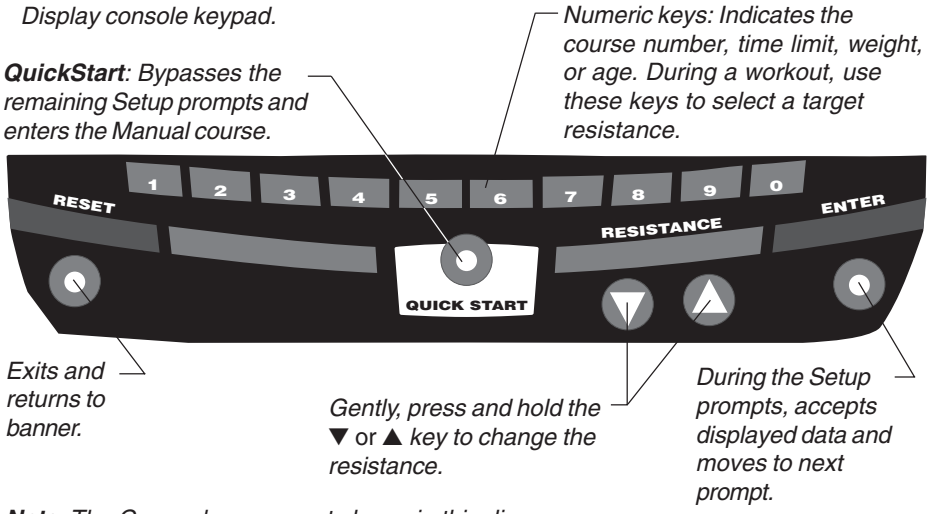
KEYS ON THE DISPLAY CONSOLE

The Precor products have an easy-to-use keypad that is activated by the slightest touch. Remind users that they only need to "lightly touch" these ultra-sensitive keys.

Each key on the display console's keypad provides specific functions. Numeric keys (numbered 1, 2, 3..., through 0) let you enter data in answer to the display prompts and change the resistance during a workout. The standard keys, **Change**, **Reset**, **QuickStart™, Resistance ▼▲**, and **Enter**, let you enter data as well as control your workout.

The following information explains the different uses of the keys from left to right. To locate each key, look at the display console or refer to Diagram 11.

Diagram 11 *Display console keypad.*


***QuickStart**: Bypasses the remaining Setup prompts and enters the Manual course.*
Numeric keys: Indicates the course number, time limit, weight, or age. During a workout, use these keys to select a target resistance.
RESET
1
2
3
4
5
6
7
8
9
0
ENTER
RESISTANCE
QUICK START
Exits and returns to banner.
Gently, press and hold the ▼ or ▲ key to change the resistance.
During the Setup prompts, accepts displayed data and moves to next prompt.

***Note**: The CHANGE keys are not shown in this diagram. Refer to Diagram 8 for their location.*

KEYPAD TIPS

- Accurate entries are required or features such as SmartRate will not work properly.
- Answer the Setup prompts using the numeric keys or by pressing the ▼ or ▲ keys.
- Press **Enter** to select the information being displayed.
- Pressing **QuickStart** bypasses further selections and prompts you to work-out in Manual mode. Default values apply (see **QUICK**S**TART** on page 25). The SmartRate display does not appear.
- A time-out occurs during the Setup prompts if the EFX detects no key presses for two minutes. The display returns to the Precor banner.
- Press **Reset** to return to the Precor banner.

Numeric Keys (0 through 9): During a workout, you can use the numeric keys to change the EFX's resistance (from 1 to 20). Remember, if you use the numeric keys to change the resistance, you need to designate, within three seconds, whether you are *increasing* the resistance by pressing the ▲ key or *decreasing* the resistance by pressing the ▼ key.

Note: When you use the numeric keys to change the resistance, the actual resistance appears on the display as the brake is applied. If you wish to halt the change, press either the Resistance ▼ or ▲ key. The brake stops applying resistance and the display shows the current resistance level.

During the Setup prompts, you can also use the numeric keys to type in a course number (1 through 6), workout time, weight, and age. Note that you must press **Enter** to process your selection.

CHANGE: During a workout, the **Change** key lets you choose which feature appears on the display.

RESET: While you are answering the Setup prompts or when you are working out, you can cancel the course program, clear the display, and return to the banner by pressing **Reset**.

RESISTANCE ▼▲: During a workout, the **Resistance ▼▲** keys let you decrease or increase the force applied against your stride. The display can show a range from 1 to 20. Setting 1 provides the least resistance.

When you change the resistance by pressing the **Resistance ▼** or **▲** key, the number that appears on the display shows the *target* resistance (not necessarily, the present resistance being applied) because the display can change much faster than the brake.

Another feature of the **Resistance ▼▲** keys lets you review the EFX's resistance any time during your workout. If RESISTANCE is not one of the chosen features being displayed, you can view the actual resistance by lightly touching either **Resistance ▼** or **▲** key. You can opt to change the resistance if you hold the key down or touch the key again within two seconds.

Note: The numeric keys can also be used to adjust the resistance. Please refer to ***Numeric keys*** above.

ENTER: Workout specific prompts need to be answered and "entered" into memory. Pressing **Enter** selects the information displayed and processes it.

QUICKSTART: QuickStart lets you bypass the Setup prompts and start your workout immediately using the Manual course. ***Default values apply.***

QUICKSTART Default Values	
Prompts	**Default Value**
Course	Manual
Time	The Club limit (refer to page 17). Note that the Weight Loss course is fixed at 28 minutes.
Weight	150 lbs. (68 kg.)
Age	0 : A valid Age must be entered to utilize the **SmartRate** display. If **QuickStart** is pressed ***after*** an *"*Age*"* is entered, then the **SmartRate** display will appear when you hold onto the touch-sensitive grips on the handrail or wear the POLAR® chest strap. If no *"*Age*"* entry occurs, the **SmartRate** display lights up, but no blinking sensor appears.

Note: The POLAR® chest strap is available through your Precor dealer. Refer to *Optional Equipment* on page 9.

The **QuickStart** key can be pressed any time during the Setup prompts. Default values apply after that point. See the table below:

Press QUICKSTART at the...	The following occurs:
Precor banner	You bypass the Setup prompts and your work out begins in the Manual course.
Course prompt	The displayed course is accessed. **Note**: Since a default workout time is accessed, no progress message (such as 10% complete) will appear on the display. The exception to this rule is the Weight Loss Course.
Time prompt	The time that appears on the display becomes the workout time limit. **Time** may be set to any value from 1 to the Club limit. If "unlimited" workout time is allowed by the Club, you can select it by entering 0 with the numeric key.
Weight prompt	The weight that appears on the display becomes your designated weight that the EFX uses to compute statistics. Acceptable entries are between 1 and 999.
Age prompt	The age that appears on the display becomes the your designated age that the EFX uses to compute statistics. A correct age entry between 1 and 99 is very important if you plan to utilize the heart rate characteristics of the EFX. The **QuickStart** key acts the same as the **Enter** key at this point because you have answered all the Setup prompts.

Exercising on the EFX®

Once the EFX is assembled, it is ready to use. The easy-to-understand prompts let you select a course and specify how long you want to work out. Begin working out and then, adapt the resistance level to meet your fitness goals. Refer to *Courses* on page 30.

CAUTION: Before beginning any fitness program, have your physician give you a complete physical examination.

USING THE HANDLEBARS

The handlebars on the EFX provide an upper-body workout that, when used properly, helps increase cardiovascular fitness. By adding the upper-body movement to your cross training workout, you're actually increasing your work effort and enhancing your overall fitness level. A variety of hand positions can intensify the effectiveness of your workout. Ask the Club personnel for ideas on how to utilize the EFX handlebars to meet your personal fitness goals.

USING THE STATIONARY HANDRAILS

When you step onto or off of the foot pedals and when you use the display keys, always grasp at least one of the stationary handrails to help keep your balance. During a workout, use the stationary handrails to rest or slow down your upper-body movement.

If you wish to view your heart rate on the display, hold onto the touch-sensitive grips on the handrails while working out. Your heart rate signal is transmitted to the receiver installed in the display console. The letters **HR** appear and blink in the Heart Rate display. Within a few seconds, your heart rate appears. This lets you see what your heart rate is doing even when the display is presenting other workout statistics. For more information, refer to *The Heart Rate Feature* on page 30.

PAUSE, COOL DOWN AND EXIT FEATURES

Pausing, cooling down, and exiting are integral parts of your workout and can be accessed any time during a course. The EFX goes through several prerequisites before actually exiting a course. The following tables explain the various situations.

In a course,	This is what happens...,
you complete it	Enter Cool Down. At the start of the cool-down period, the resistance is reduced by 20%. You can adjust the setting using the numeric or ▼▲ keys. The display features remain, so you can review your workout statistics. **Note**: A cool-down period is appended to those courses that have a finite duration.
slow pedaling or no pedaling is detected.	Enter Pause mode. PEDAL FASTER appears on the display and **Time** stops accruing. Note that the Pause mode has a time limit and the club has the option to determine the setting. Check with club personnel or refer to *Club Information* on page 15.

In a course,	This is what happens...,
you press Reset	Enter the **Workout Summary** mode. When you complete the cool-down period (or exit from a paused mode by pressing **Reset**), the **Workout Summary** banner appears. Workout statistics except TIME, STRIDES and CALORIES reset to zero. (Note that the TIME display shows the accumulated workout time including the cool-down period.) To exit before the time limit elapses, press **Reset**.

In Pause mode, you	This is what happens...,
resume pedaling	Returns to the course and the workout statistics continue from where you left off.
press Reset	Displays the **Workout Summary** banner.
exceed time limit	The EFX exits Pause mode and resets the displays.

Note: The club has the option to change the duration of the Pause mode. A duration can be set between 1 and 120 seconds and limits how long a user can pause his or her workout. Refer to *Club Information* on page 15.

In Cool down, mode	This is what happens...,
slow pedaling or no pedaling is detected.	Enter Cool-down, Pause mode. **Time** stops accruing and PEDAL FASTER appears on the display. Note that the Pause mode has a time limit and the club has the option to determine the setting.
you press Reset	Displays the **Workout Summary** banner. See the information at the top of this page**.**
it ends.	Displays the **Workout Summary** banner. See the information at the top of this page**.**

At the Workout Summary banner, you	This is what happens,...
press Reset	The display returns to the Precor banner and workout statistics are reset to zero.

WORKOUT TIPS

The steps to working out on the EFX are listed on the opposite page. A short explanation appears on the left with the more thorough description following on the right. Tips to consider during your workout are shown below.

CAUTION: Before beginning any fitness program, obtain a complete physical examination from your physician.

- Answer Setup prompts using numeric keys or by pressing the ▼ or ▲ keys.
- Press **Enter** to select the information being displayed.
- **QuickStart** bypasses further selections. Default values apply (see QUICKSTART on page 25). SmartRate is not active.
- A time-out occurs during the Setup prompts if the EFX detects no key presses for two minutes.

QUICK STEPS TO WORKING OUT

1 **Put on the chest strap.** (Available with the Precor Heart Rate Option.)

1. For your **Heart Rate** to appear on the display, you need to wear a POLAR® chest strap or hold onto the touch-sensitive grips on the handrail.

   CAUTION: Hold onto the stationary handrails while you step into the foot pedals.

2 **Hold onto a stationary handrail while you step into the foot pedals and select a course.**

Important: *When you begin moving the foot pedals, continue to hold onto a stationary handrail with one hand while you answer the Setup prompts with the other.*

Important*: Do not switch to the moveable handlebars until you are comfortable with the movement of the EFX.*

2. Move the foot pedals and follow the display prompts. You are prompted to make a COURSE selection and enter your workout TIME, WEIGHT, and AGE.

   Note: To answer the Setup prompts, use the numeric or ▼▲ keys. Press **Enter** to select the information being displayed. The six available courses appear on the label attached to the accessory tray. Brief course descriptions are provided beginning on page 30.

   Important: Any time during the Setup prompts, you can press the **QuickStart** key. Refer to QUICKSTART on page 25.

   To pause during your workout session before finishing the selected course, stop pedaling. See *Pause, Cool Down and Exit Features* on page 26.

3 Continue your workout until course completion.

3. When you have completed a course that has a limited duration, a five-minute cool-down period automatically begins. Hold onto the stationary handrail while the EFX reduces the resistance by 20%. Note that you can always exit a course prematurely using the **Reset** key. Refer to *Pause, Cool Down and Exit Features* on page 26.

   Note: Not all courses supply the cool-down period. See *Cooling Down After Your Workout*.

4 End your workout and review your workout statistics.

4. After you complete the five-minute cool-down period (or exit a course prematurely using the **Reset** key), the **Workout Summary** banner appears. Workout statistics except TIME, STRIDES and CALORIES reset to zero. (Note that the TIME display shows the accumulated workout time including the cool-down period.) You are given two minutes to review your workout statistics before the display automatically turns off. You can also press **Reset,** to return to turn off the display.

5 Hold onto a stationary handrail while you step off the EFX.

5. Hold onto the stationary handrails while you carefully step down from the EFX.

COOLING DOWN AFTER A WORKOUT

Cooling down is an important aspect of your workout because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. Cooling down for at least three minutes helps provide a smooth transition that allows your heart rate to return to its normal (non-exercising) state. The EFX automatically initiates a five-minute, cool-down period once you complete a course that has a specified time duration. A prompt appears, indicating that you are in cool down.

During your cool down, the workout statistics continue to appear. The **TIME** display shows the accumulated time which includes the cool-down period. When you complete the five-minute cool down, a **Workout Summary** appears. See the information beginning on page 26.

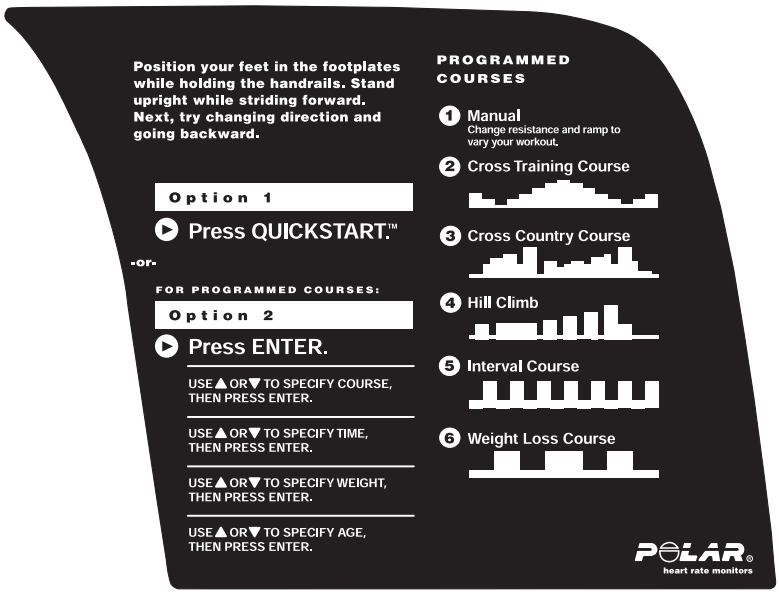
Important: To activate a cool-down period, a course must "end." The course ends when the **Workout Time** (entered during the Setup prompts) expires. If you do not enter a **Workout Time** or the club has set "no limit" as the default duration, then a cool-down period is not appended to the end of a course.

Courses

The EFX® lets you choose between six variable courses. This section provides information about the special features and functions of the EFX courses and how to best utilize the:

- Heart Rate and SmartRate® features
- Cross Country and Hill Climb courses
- Interval course
- Manual course
- Cross Training course
- Weight Loss course

Diagram 12 *Accessory tray label explains workout instructions and shows the course profiles.*


Position your feet in the footplates while holding the handrails. Stand upright while striding forward. Next, try changing direction and going backward.
Option 1
Press QUICKSTART.™
-or-
FOR PROGRAMMED COURSES:
Option 2
Press ENTER.
USE ▲ OR ▼ TO SPECIFY COURSE, THEN PRESS ENTER.
USE ▲ OR ▼ TO SPECIFY TIME, THEN PRESS ENTER.
USE ▲ OR ▼ TO SPECIFY WEIGHT, THEN PRESS ENTER.
USE ▲ OR ▼ TO SPECIFY AGE, THEN PRESS ENTER.
PROGRAMMED COURSES
1 Manual
Change resistance and ramp to vary your workout.
2 Cross Training Course
3 Cross Country Course
4 Hill Climb
5 Interval Course
6 Weight Loss Course
POLAR
heart rate monitors

A label, on the accessory tray, explains how to begin a workout and shows the profiles of the available courses. Refer to Diagram 12.

To choose a course, begin at the Precor banner and press **Enter**. User-friendly prompts guide you through the course selections. Refer to *Quick Steps to Working Out* on page 28.

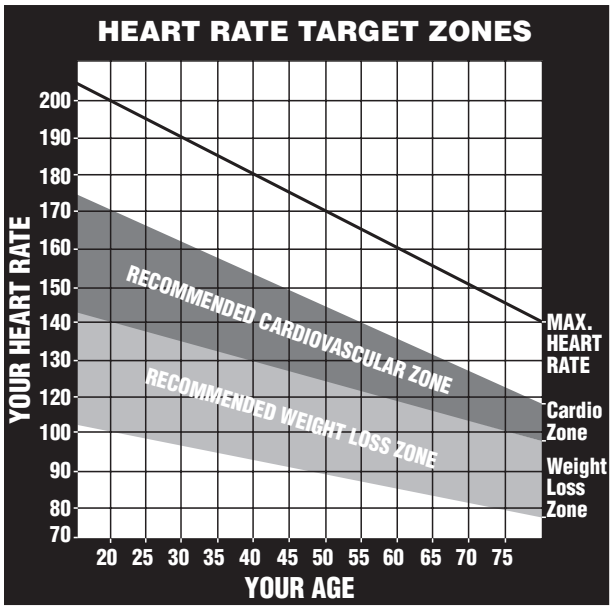
THE HEART RATE FEATURE

To use the heart rate features, you must hold onto the touch-sensitive grips on the handrails while working out. While in the process of detecting your heart rate, the blinking letters **"HR"** appear in the display. Within a few seconds, your heart rate appears. This lets you see what your heart rate is doing even when the display is presenting other workout statistics.

Note: The SmartRate display does not appear if you use the **QuickStart** key to access a course. Refer to QUICKSTART on page 25.

Important: An optional POLAR® chest strap can be worn and it will transmit your heart rate signal to the receiver installed in the display console. The POLAR® chest strap can be purchased through your dealer. Refer to *Optional Equipment* on page 9.

Diagram 13 *Target Zones*



USING THE SMARTRATE® FEATURE

Add the benefit of SmartRate to every course on the EFX. Using SmartRate as a visual cue helps you adjust your exercise routine to suit specific needs. SmartRate simplifies the correlation between heart rate and exercise. You don't have to stop concentrating on your workout to find your pulse. It is displayed right in front of you along with the SmartRate zone. Once you begin a course, a blinking segment in the bar graph appears on the left of the display (if you entered your age during the Setup prompts). The blinking segment indicates the zone that your heart rate is in: **Weight Loss** or **Cardiovascular**.

Important: Access to SmartRate is only available when the person exercising wears a POLAR® chest strap or uses the touch-sensitive grips on the handrails. (The POLAR® chest strap is a separate purchase option.) The touch-sensitive grips on the stationary handrails are standard equipment. The SmartRate indicator lights do not appear when **QuickStart** is used to select a course.

For the ideal "weight loss" range, your heart rate should be between 55% and 70% of your maximum aerobic heart rate. It should never exceed 80% of your maximum aerobic heart rate or go above your target zone. Refer to Diagram 13 for your appropriate target zone.

When you maintain your heart rate between 70% and 80% of your maximum aerobic heart rate, you are improving your overall cardiovascular/cardiorespiratory fitness level. Maintaining your heart rate in either zone (weight loss or cardiovascular) for 30 minutes or more on a regular basis (minimum three times a week) provides the greatest benefits.

MANUAL MODE AND THE QUICKSTART™ KEY

Manual mode lets you determine the resistance level which affects the effort you put into your workout. As with other courses, when you complete the time limit set for the course, the automatic cool-down period begins.

You can choose Manual mode in two different ways:

- pressing the **QuickStart** key at the Precor banner. **QuickStart** bypasses the remaining selections and starts the Manual course. Default values include a time limit set by the Club, 150 lbs. (68 kg.) and an age of 0. The SmartRate display is inactive.
- pressing **Enter** at the Precor banner. This causes the EFX to display several Setup prompts. At the course prompt, select the **Manual** course.

The Manual course profile initially appears as a flat line. Use the ▼▲ keys or the numeric keys to adjust the resistance level. (See page 24 for more information). As you proceed with your workout, a blinking column represents your position on the course.

CROSS TRAINING COURSE

The Cross Training course is similar to the Interval Course, but instead of rest and work intervals the course consists of alternating segments of forward and backward pedaling movements that focus on working the thigh and calf muscle groups. Ask Club personnel about utilizing the benefits of this type of workout in your fitness goals.

The course profile displays the forward and backward intervals. The height of the intervals reflects the changes (if any) made by you to the resistance levels. You set the resistance for the first forward and backward interval and the software repeats the settings throughout the course. Any time during the course, you can adjust the resistance setting by pressing the ▼ or ▲ key, or using the numeric keypad. The software remembers the new setting and applies it to the subsequent backward or forward interval. Prompts appear on the display indicating when you should change the pedaling direction.

Note: If a workout **Time** is entered, then the time is divided into five equal intervals (forward, backward, forward, backward, forward) and appears in the course profile. If no workout **Time** is entered (or “no limit” is set by the club), then the time per interval is set to one minute.

CROSS COUNTRY AND HILL CLIMB COURSES

In the EFX preprogrammed courses, the resistance is predetermined. This lets you use the course without bothering to adjust the resistance. However, if you want to make changes to the resistance level use the numeric keys or **Resistance** ▼▲ keys any time during the course. Refer to the **Numeric** keys and the **Resistance** ▼▲ key on page 24.

INTERVAL COURSE

The interval course on the EFX lets you select the rest and work intervals according to your training regimen. You set the resistance level for first rest and work interval and the software repeats the intervals throughout the course. At any point during the workout, you can change the settings of the current interval by simply pressing the ▼▲ or numeric keys. The software remembers the new settings and applies it to the appropriate rest or work interval.

Important: If you entered your Age during the Setup prompts and wear the POLAR® chest strap or utilize the touch-sensitive grips, you can adjust the rest or work intervals to keep your heart rate in its recommended zone. For the weight loss mode, try to maintain your heart rate at the lower end (55% of maximum heart rate) while in the "rest" intervals and keep it at 70% of maximum heart rate while in the "work" intervals. See Diagram 13 on page 31.

To use the interval course, take the following steps:

1. Follow the instructions on page 28, *Quick Steps to Working Out*.
2. At the course prompt, use the ▼▲ key or numeric keys to select the **Interval** course and then press **Enter**.
3. Enter a workout **Time**. If the workout **Time** entered is an even number, then all intervals (rest and work) are two minutes long. If the workout **Time** entered is an odd number, then all intervals (rest and work) are two minutes long, except the last one which will be one minute.
4. Press **Enter** to proceed to the next prompt. When you're finished answering the Setup prompts, the Interval course begins.

To set the resistance level for each interval, take the following steps:

1. When the Rest interval prompt appears, press the **Resistance** ▼ or ▲ key to change the level. When the desired setting is displayed, simply continue working out—you do not need to press **Enter**.

   The EFX returns to the "rest" settings at the beginning of each rest interval until you readjust it or end your workout.
2. The same procedure applies to specifying the settings for the work interval.

The value that appears in the SEGMENT TIME field indicates the time remaining in the current interval. Each time the EFX changes intervals, it informs you by displaying a message. When you complete the time limit set for the course, the automatic, cool-down period begins.

WEIGHT LOSS COURSE

The Precor Weight Loss course incorporates the latest findings on fat-burning and weight loss through exercise. It is based on research at the world-renowned Cooper Institute for Aerobics Research and it is designed to help you burn the most fat during a 28-minute workout, while minimizing the risk of discomfort and injury. The Weight Loss program is similar to the Interval course, but the intervals are set at four minutes. If you use the touch-sensitive grips on the handrail or the optional POLAR® chest strap, try to keep the rest interval's target heart rate at 55% of "220 minus your age," while the work interval should be set to 70% of "220 minus your age." Refer to Diagram 13 on page 31. As in the Interval course, once you set the resistance levels for the first rest and work interval, the EFX automatically repeats the interval settings throughout the course.

To use the Weight Loss program, follow the steps found in *Quick Steps to Working Out* on page 28. When the **Course** prompt appears, choose the Weight Loss course number. Refer to the course label on the accessory tray.

Important: During your workout, you can change the resistance, but doing so will cause the effectiveness of the Weight Loss program to vary.

Note: When you complete the 28-minute time limit set for the course, the automatic cool-down period begins.

Maintenance

The self-powered EFX® will continue to run smoothly and efficiently as long as it is maintained properly. You are responsible for cleaning and maintaining the unit's integrity. If you fail to maintain the EFX as described below, it could affect or void the Precor Limited Warranty.

DANGER —To reduce the risk of electrical shock, always unplug the EFX from the optional battery recharger before cleaning it or performing any maintenance tasks.

INSPECTION

Perform a daily inspection of the unit. Look and listen for slipping belts, loose fasteners, unusual noises, and any other indications that the equipment may be in need of service. Obtain service should you notice any of the above.

Important: *If you determine that the EFX is in need of service, move it away from the main workout area and place an large "Out of Service" sign on it.*

To order parts or to contact a Precor authorized service provider in your area, refer to *Obtaining Service* on page 7.

CLEANING THE EQUIPMENT

Most of the working mechanisms are protected inside the casing. However, for efficient operation, the EFX relies on low friction. To keep the friction low, the EFX rollers, rails, and internal mechanisms must be as clean as possible.

- To clean all exposed surfaces on the EFX, it is recommended that you use a diluted solution of mild soap and water. Clean the EFX everyday with a soft cloth, dampened (not dripping wet) in the solution.
- To clean the ramp and roller wheels, position one foot pedal at the top of the ramp (the other will automatically be positioned at the bottom). Clean the exposed surfaces of the ramp and roller wheels daily, or whenever the ramp becomes soiled. Switch the foot pedal position to finish cleaning the ramp. Gently, lift the roller wheel and rotate it while you wipe it. This helps removes any dust or dirt which might affect the smooth operation of the unit.

CAUTION: Do not use any acidic cleaners. Doing so will weaken the ramp coating and void the Precor Limited Warranty. Never pour water or spray liquids on any part of the EFX. Allow the EFX to dry completely before using.

- Periodically, clean the grooves on the foot pedals using a soft nylon scrub brush. Vacuum the floor underneath the unit to prevent the accumulation of dust and dirt.
- The Precor Heart Rate equipment requires little maintenance beyond keeping it dust free. Dampen a sponge or soft cloth in mild soap and water to clean the POLAR® chest strap. Dry the surface thoroughly with a clean towel.

STORING THE POLAR® CHEST STRAP

Store the chest strap transmitter in a place where dust and dirt cannot accumulate on it such as, a closet or drawer. Be sure to keep the chest strap protected from extremes in temperature. Do not store it in an area that may be exposed to temperatures below 32 degrees Fahrenheit.

SERVICING THE EFX AND LONG TERM STORAGE

Do not attempt to service the EFX yourself except for the maintenance tasks described in this manual. The unit does not contain any user-serviceable parts that require lubrication. For information refer to *Obtaining Service* on page 7.

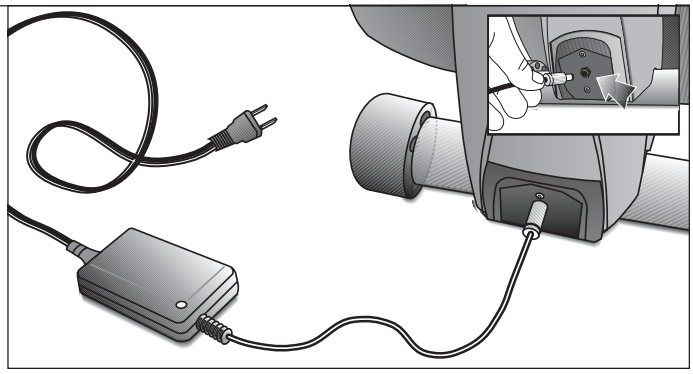
When the EFX is not in use, ensure that the battery recharger cord is unplugged from the wall outlet and is positioned so that it will not become damaged or interfere with other equipment or people. Ensure that is kept free from dirt, moisture, or damage.

SYMPTOMS OF A LOW BATTERY

If no one has used the EFX for an extended period of time, the battery may need recharging. Symptoms of a low battery include:

- a flickering or erratic display
- no workout statistics appear or accumulate
- changes to the ramp incline are ignored

Diagram 14 *Battery recharger and adapter plug.*



Note: The optional battery recharger can be connected or a sustained workout may help recharge the battery. Refer to page 20, *Informational Displays Prior to Shutdown*.

USING THE BATTERY RECHARGER

Diagram 14 shows the receptacle for the battery recharger. Plug the opposite end into the appropriate power source for your unit (110/120v or 220/240v). You can use the EFX while the battery recharger is plugged in. The display functions a bit differently when the battery recharger is used. It returns to the Precor banner instead of appearing blank when a user stops working out.

REPLACING THE BATTERY

The EFX battery is built to last for a long time. However, if you feel that the battery may need replacing, check with an authorized service technician. Refer to *Obtaining Service* on page 7.

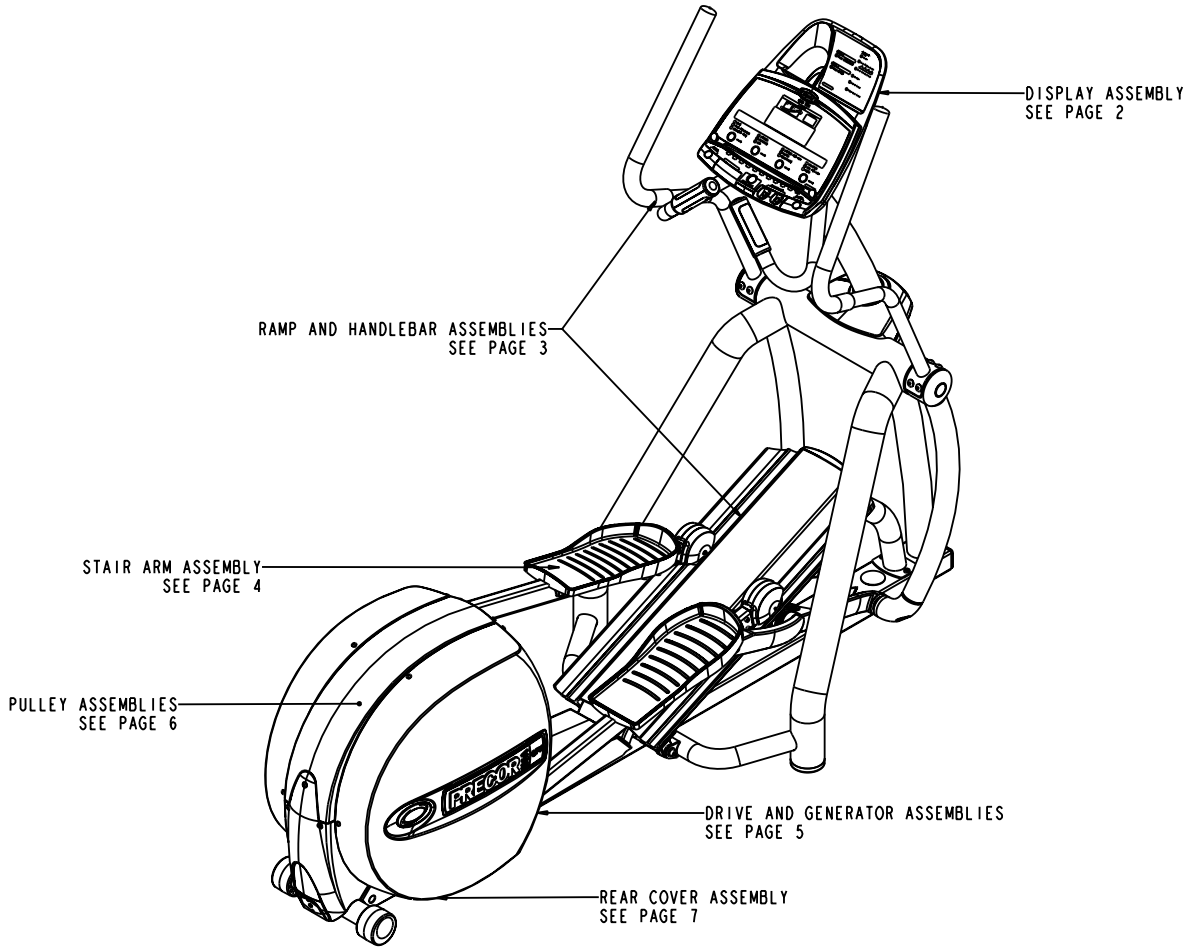
CAUTION: The battery stored inside the EFX contains hazardous materials and must be disposed of according to Hazardous Waste Regulations. Refer to page 3.

BATTERY RECHARGER POWER CORD

When the EFX battery recharger is in use, ensure that the power supply cord does not create a safety hazard by keeping it out of the way of traffic and moving parts. If the power supply cord or power conversion module is damaged, it should be replaced.

EFX®556

Exploded Views



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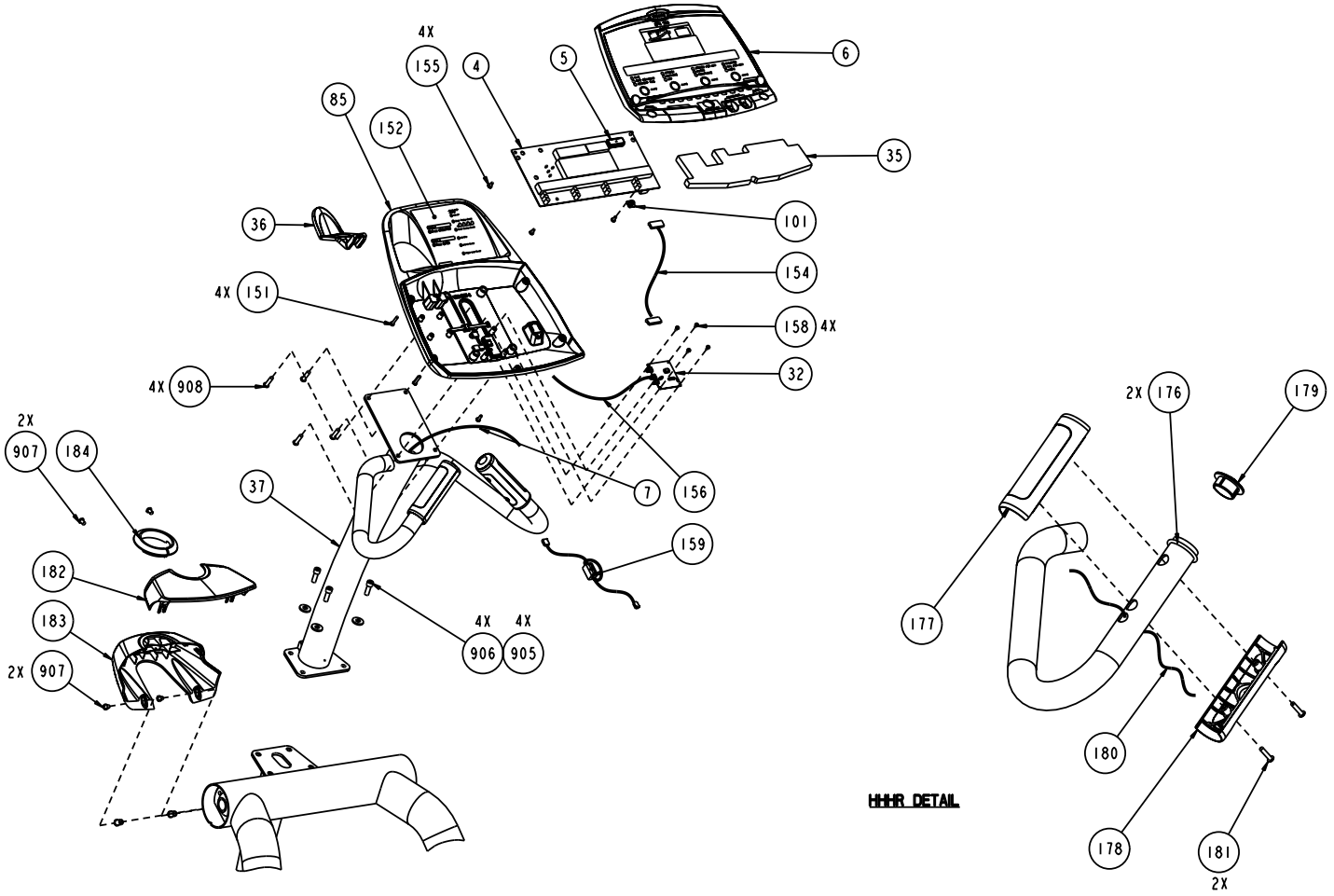
EFX®556

Exploded Views



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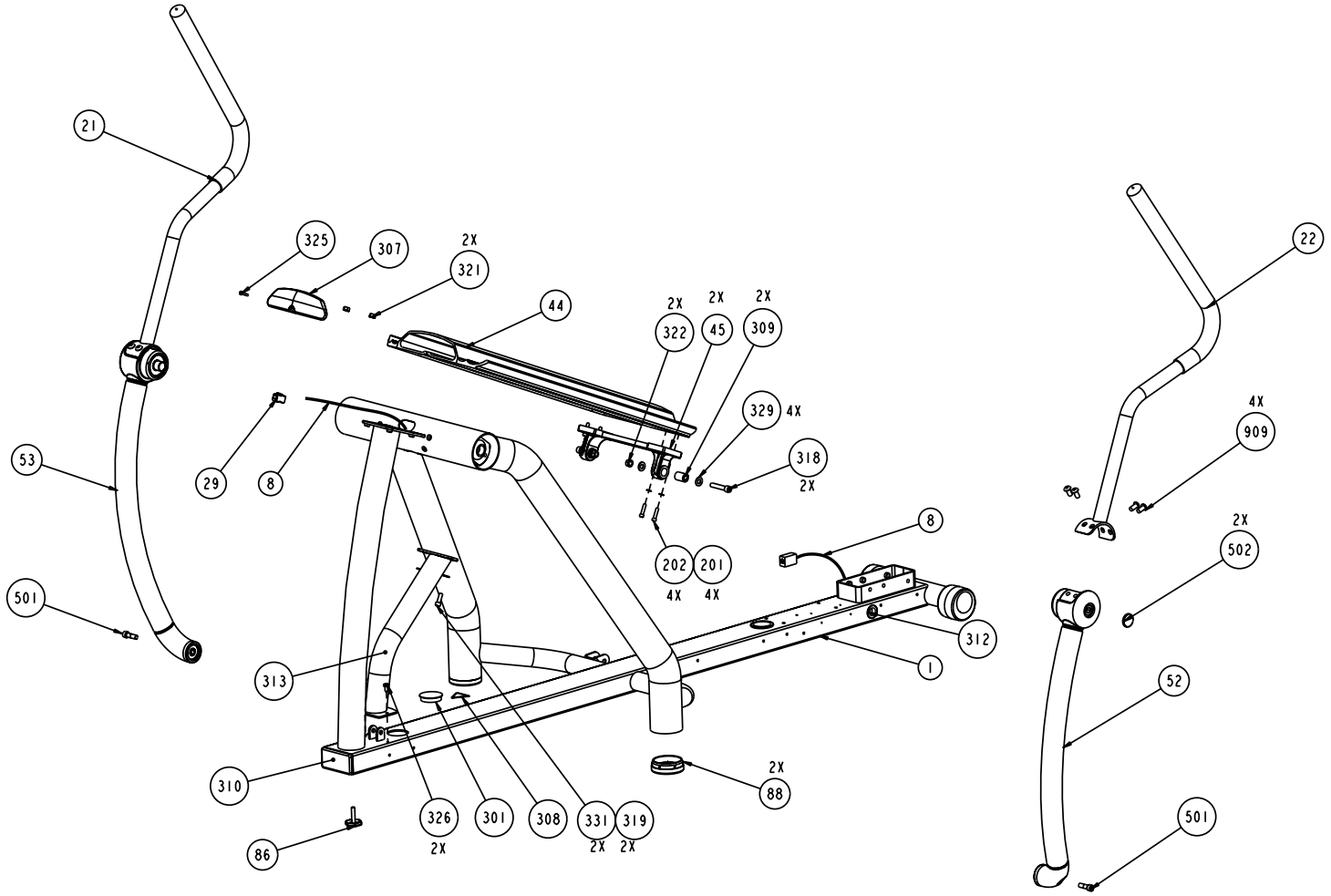
Exploded Views



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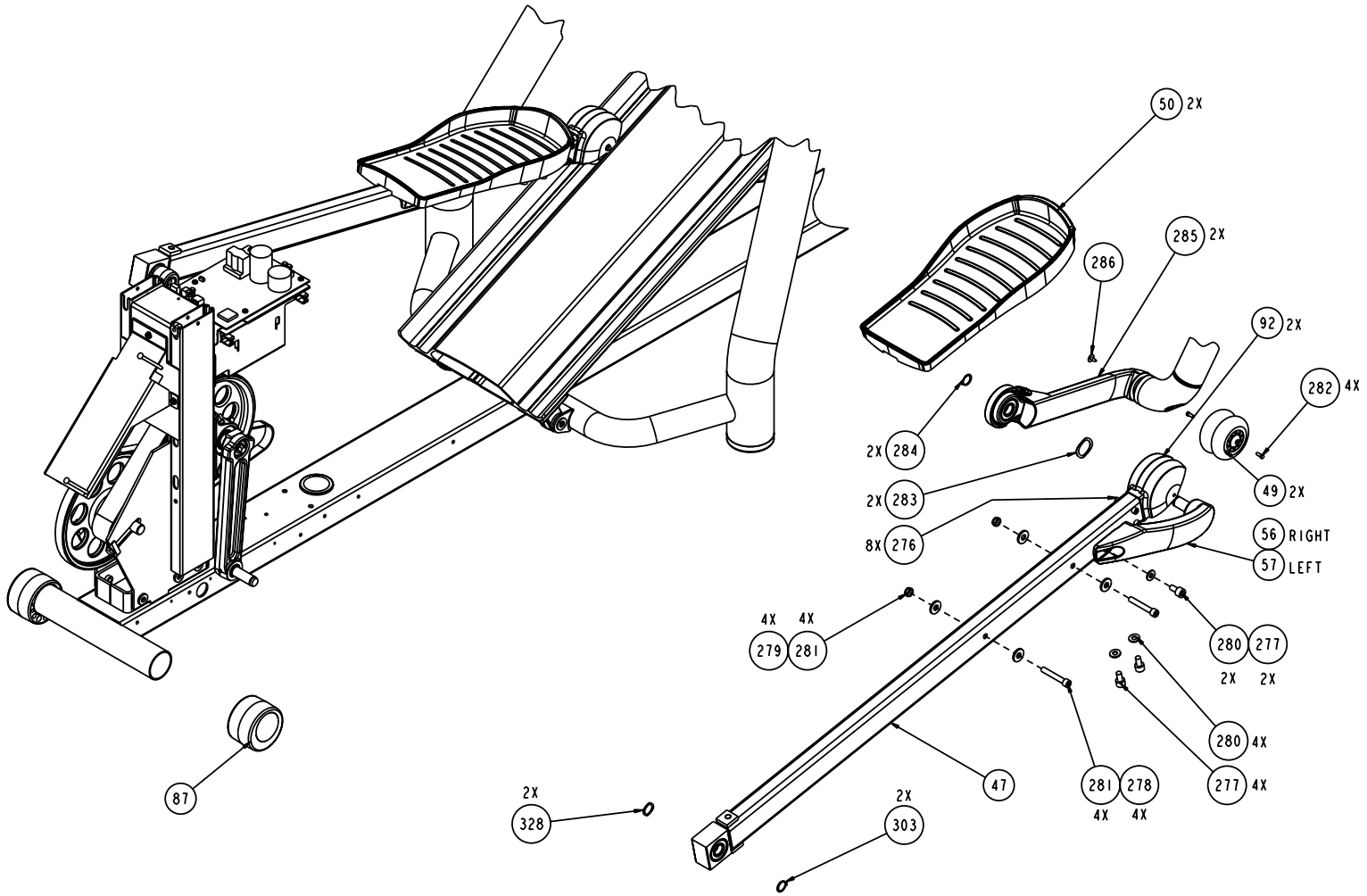

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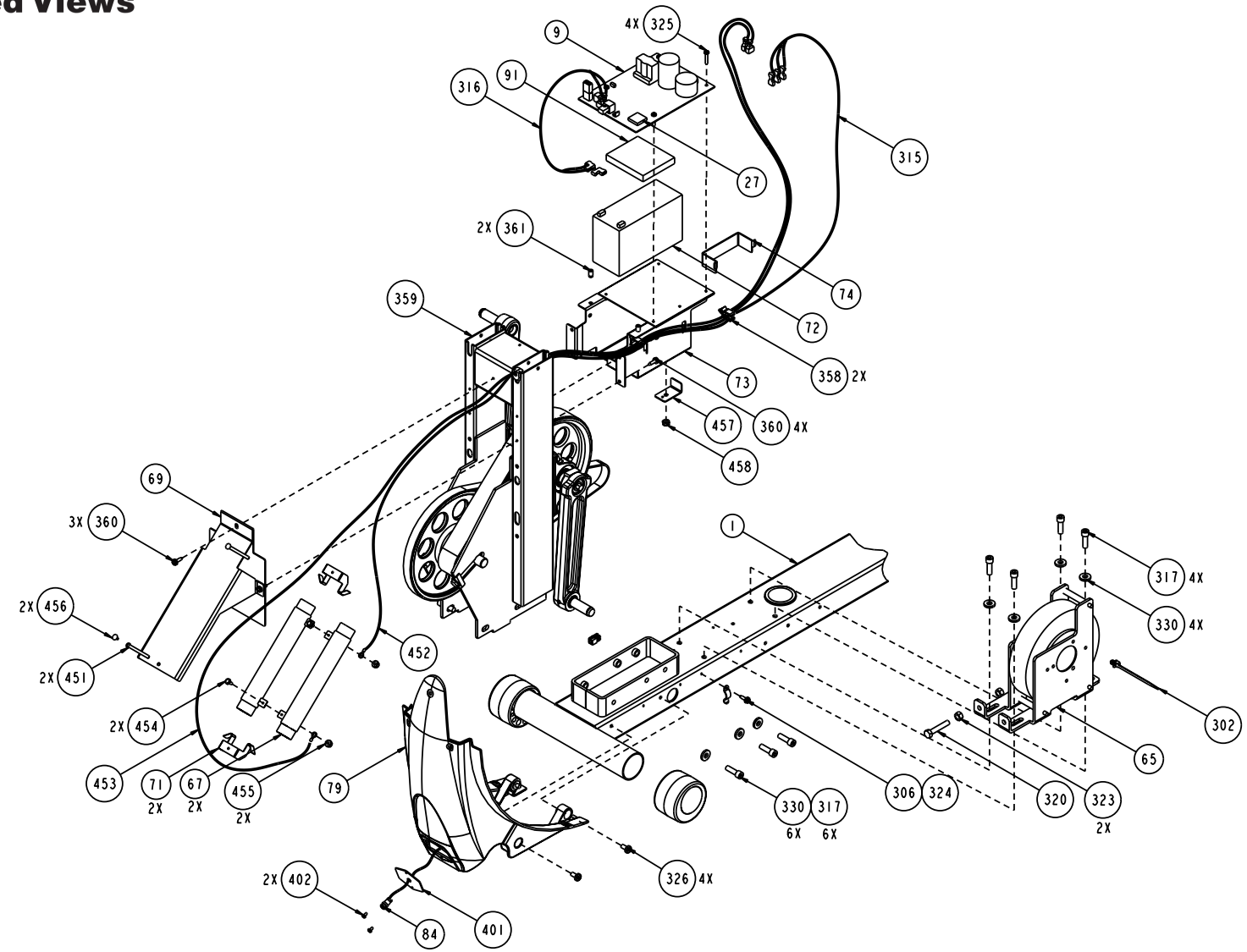

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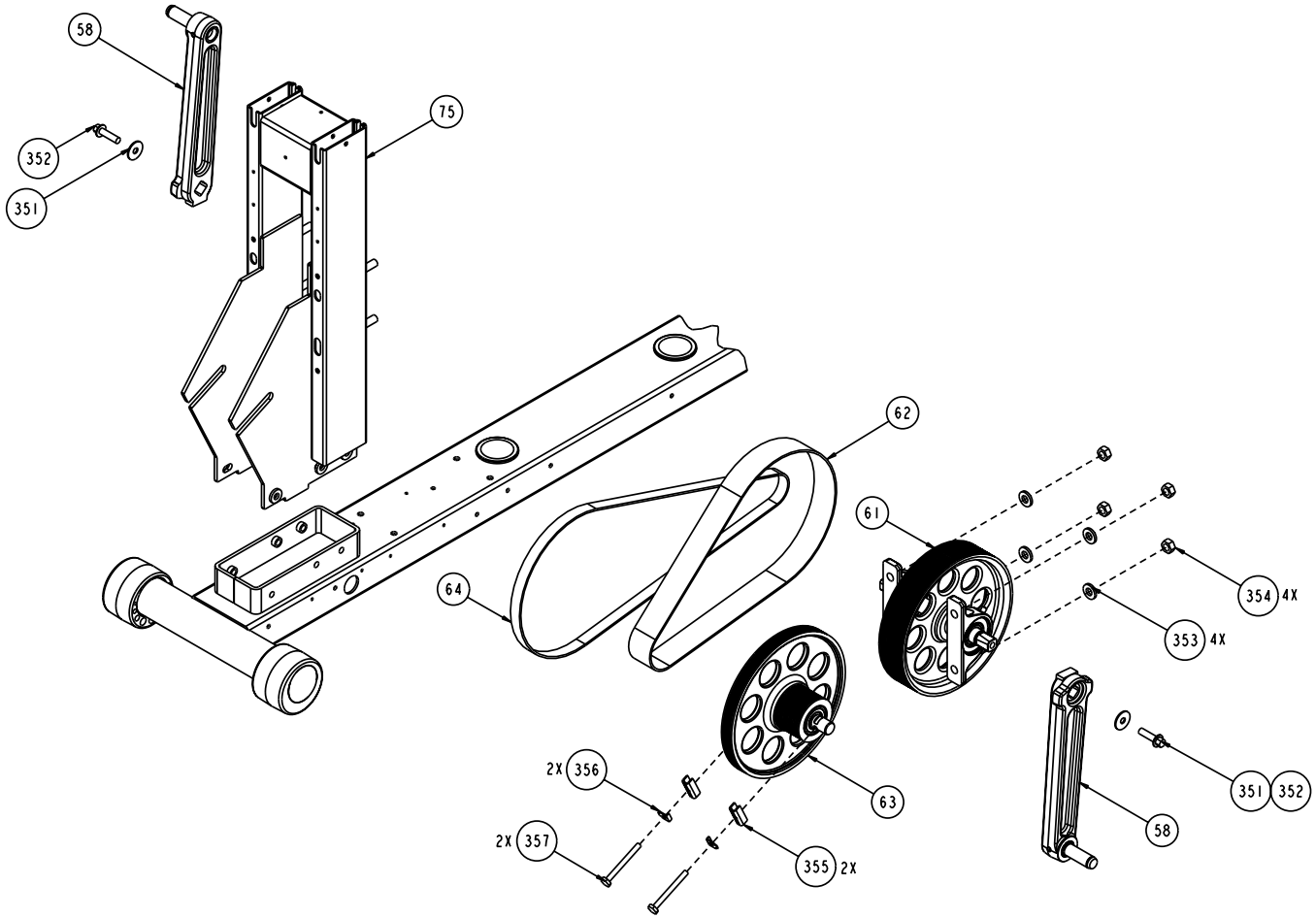

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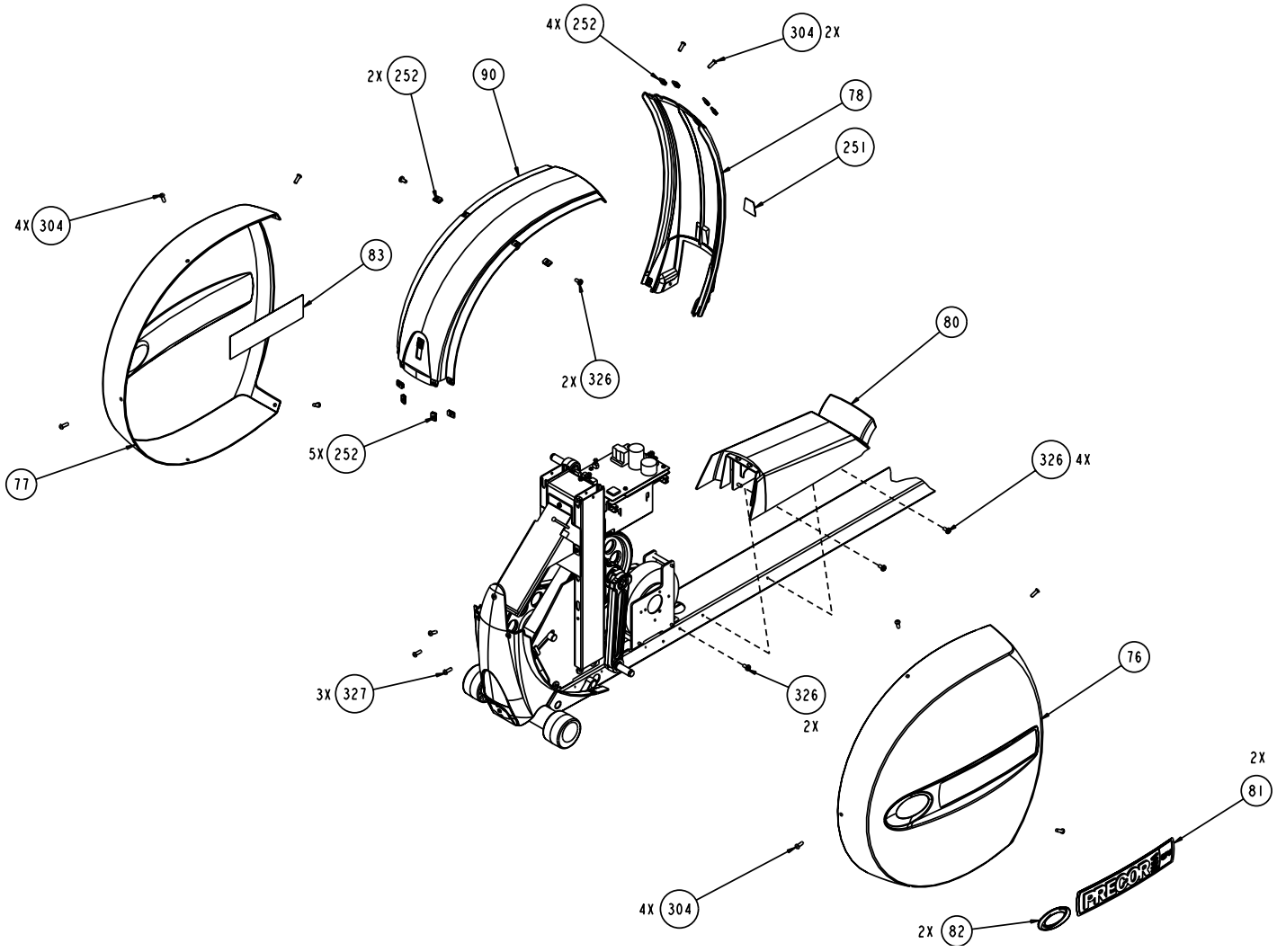

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Thank You and Welcome to Precor

PRECOR® USA
move beyond™

We are confident that you will be pleased with your purchase and that your new Precor equipment will help satisfy your customers' fitness needs, while helping you meet your business goals.

To allow us to serve you better, please take a few moments to complete and return your warranty registration.

YOU MAY ALSO REGISTER ONLINE AT

www.precor.com/warranty

If you have questions or need additional information, contact your local dealer or call Precor Customer Support at 800-347-4404.

Fold along dotted line and tape closed prior to mailing.

COMM.

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Woodinville, WA 98072-4002

PLACE
STAMP
HERE

TELL US ABOUT YOUR NEW PRECOR PRODUCTS

Date of Purchase:

Month Day Year

Purchased from (Dealer name)**:**

Product Serial Number(s):

The serial number is located on the shipping box and on the product.

Add additional sheets of paper or register online at www.precor.com/warranty

Please indicate the type and number of products purchased:

- ❑ #: _____ Elliptical Fitness CrossTrainer (EFX®)
- ❑ #: _____ Treadmill
- ❑ #: _____ Stair Climber
- ❑ #: _____ Cycle
- ❑ #: _____ Strength Station
- ❑ #: _____ StretchTrainer™

TELL US ABOUT YOUR FACILITY

Name of Facility

❑ Mr.
❑ Mrs.
❑ Ms.

Contact Person — First Name Last Name

Facility Address Apt./Suite:

City State Zip Code

Area Code Facility Telephone Number

Your Business Email Address

How many members do you have?
❑ Less than 100 ❑ 100 - 500 ❑ 500 - 1000 ❑ 1000 - 2000 ❑ 2001 +

What percentage of floor space do you allocate for cardio equipment?
❑ 0% to 20% ❑ 20% to 40% ❑ 40% to 60% ❑ 60% to 80% ❑ 80% to 100%

What type of equipment makes up your cardio offering (check all that apply)?
❑ Treadmills ❑ Ellipticals ❑ Cycles ❑ Stair Climbers ❑ Rowing Machines ❑ Other _____

What other brands of cardio equipment do you currently offer (check all that apply):
❑ Life Fitness ❑ True ❑ Cybex ❑ StarTrac ❑ Other _____

What other Precor equipment do you currently offer (check all that apply):
❑ EFX® ❑ Cycle ❑ StretchTrainer™
❑ Treadmill ❑ Stair Climber ❑ Strength Machine ❑ Other _____

TELL US ABOUT YOUR PURCHASE

Which best describes this purchase (check all that apply):
❑ First Precor product
❑ Replaces same type of product – different brand
❑ Replaces a Precor product of the same type
❑ Enhancement to equipment already owned

How did you FIRST become aware of this product (choose only one):
❑ Authorized Precor dealer ❑ Precor sales representative ❑ Trade show/conference
❑ Internet ❑ News report or product review ❑ Club/fitness magazine advertisement
❑ Trade/consumer magazine article ❑ Other _____

What factors MOST influenced your decision to purchase this product (choose up to three):
❑ Precor reputation ❑ Prior product experience ❑ Design/appearance ❑ Value for the price
❑ Special product features ❑ Warranty ❑ Service ❑ Rebate or sale price

P/N 45622-101 Effective 30 June 2002

Please detach and mail in the warranty registration within ten days of purchase.

Commercial Equipment Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

Limited Warranty.

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty periods set forth below. The warranty periods commence on the invoice date of the original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To claim under this warranty, the buyer must notify Precor or your authorized Precor dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited as set forth below.

Warranty Periods and Coverage.

Commercial Products, also known as C-Series Products, (excluding StretchTrainer, Strength Products).

- Seven years frame, five years touch sensor display housing, two years parts, one year labor.
- For treadmills, five years motor fan, three years drive motor.
- For self-powered ellipticals and bikes, one year battery.
- Labor coverage for options as defined below.

StretchTrainer

Five years frame, two years parts, 90 days upholstery, no labor.

Strength Products (Catalina 3.45 and Malibu 3.25 only)

Ten years frame; three years bearings, guide rods, cams, pulleys; one year belts, cables, hand grips, miscellaneous parts; 90 days upholstery; no labor.

Options / Accessories / Battery-powered or Self-Operated Devices

Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a 90 days parts and labor limited warranty. All components that are not internally connected have a 90 days parts only limited warranty. Satisfactory proof of purchase is required in all cases.

Conditions and Restrictions.

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Precor product only while
   a. it remains in the possession of the original purchaser and proof of purchase is demonstrated,
   b. it has not been subjected to accident, misuse, abuse, improper service, or non-Precor modification.
   c. claims are made within the warranty period.
2. Certain products are warranted for light commercial use only (defined as use in non-fee paying clubs or facilities and less than 4 hours daily use. Unapproved use voids the warranty. Current light commercial products include C934, C932, EFX524, EFX534.).
3. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
4. Except in Canada, Precor does not pay labor outside the United States.
5. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.

This Limited Warranty shall not apply to:

1. Software (PROM) version upgrades.
2. Normal wear and tear, consumables and cosmetic items, including, but not limited to the following: grips, seats, and labels.
3. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
5. Pickup and delivery involved with repairs.
6. Any labor costs incurred beyond the applicable labor warranty period.

Complete this portion and keep for your records.

Purchased From: _____ Example: Dealer or store name.

Phone Number: _____ Example: Dealer or store telephone number.

Product/model: _____ Example: EFX534 or 966

Serial number: _____

The serial number is found on the shipping container.

Disclaimer and Release.

The warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. PRECOR ALSO HEREBY DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO: (A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPUTED); AND (B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

Exclusive Remedies.

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. Precor compensates Servicers for warranty trips within their normal service area to repair commercial equipment at the customer's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

EXCLUSION OF CONSEQUENTIAL AND INCIDENTAL DAMAGES.

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COSTS INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purposes and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

Effective 1 December, 2002
P/N 36286-108

EFX® 556 Commercial Crosstrainer featuring Heart Rate and SmartRate® Systems

Product Specifications

Length:	80 inches (203 cm)
Width:	30 inches (76 cm)
Height:	64 inches (184 cm)
Weight:	230 lbs (105 kg)
Shipping weight:	340 lbs (155 kg)
Power:	Self
CrossRamp®:	25 degrees (fixed)
Stride Length:	18 inches (46 cm)
Frame:	Powder-coated steel
Regulatory Approval:	FCC, ETL, CE

EFX®556 Features:

- CSAFE
- Heart Rate Telemetry
- QuickStart™
- SmartRate®
- Touch Heart Rate
- Touch-Sensitive Display

Electronic Specifications

EFX®556 Courses: 6 Total

- Cross Country
- Crosstraining
- Hill Climb
- Interval
- Manual
- Weight Loss

EFX®556 Display Readouts:

- Calories
- Calories Per Minute
- Heart Rate*
- METs
- Profile
- Remaining Time
- Resistance Levels (1 - 20)
- Segment Time
- SmartRate® *
- Strides
- Strides per Minute
- Time
- Watts

* Requires that the user either hold onto the touch-sensitive grips on the handrails or wear a POLAR® chest strap. The POLAR® chest strap is an option available through your dealer.

PRECOR® USA

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P.O. Box 7202
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Polar is a registered trademark of Polar Electro, Oy.
Fitlinxx is a registered trademark of Integrated Fitness Corporation
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Precor web site: **www.precor.com**

EFX556 Lit Kit# 44956-103
EFX556 OM# 44958-102
EFX556 Online OM# 44958-402
Warranty Card# 45622-101
Warranty# 36286-108
Exploded View# 44957-101 Rev. J
May 23, 2003

NOTICE:
Precor is widely recognized for its innovative, award winning designs of exercise equipment. Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor's product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.